



# No Stress Nomads

A LIFESTYLE OF TRAVEL, FOOD, & DRINK.

≡ Menu

November 17, 2019 by Jefferson Vinall

## Bequia – slow life, warm beaches, and safe anchorage

Bequia (pronounced bek-way) is an under-advertised gem of an island in the Grenadines, on the southern section of the Lesser Antilles, in the Caribbean. It boasts beautiful, warm water beaches, numerous restaurants & bars, slow life, and safe anchorage. It's a traveler's paradise.

The Grenadines form part of the sovereign state of St. Vincent and the Grenadines (that's a long name, so we'll just say "SVG" from here onward). SVG was a British colony until 1979, when it gained independence, but it remains part of the British Commonwealth.

Bequia is known as the "island of the clouds" in Arawak, the old language of the Caribs. Today, English is spoken by all Vincentians, though you may hear them speaking "dialect" among themselves.

Without the effect of large cruise ships, the island of Bequia maintains an unspoiled quality that is missing in so many other Caribbean locations. At just 7 square miles, it is easy to explore on foot, by mini-bus, or by open-air taxi.



Admiralty Bay, Bequia.

Photo courtesy of Canyon Duncan.

With a population of only 5,000 people, it's easy to find friendly faces. Bequia is home to some of the kindest and easy going people in the Caribbean. We were greeted with warm hearts and smiling faces from the first moment we arrived. This is a place with no vex, and the most common answer to touristy questions is, "No problem."

In this article we're going to give you a brief overview of visiting the island paradise. If you want really detailed information, check back soon for our *Bequia Ultimate Travel Guide*. The full travel guide will give you the low down on all things Bequia, the good, the bad, and the ugly (but really, there isn't much bad or ugly, the island is amazing!).

## Why is Bequia worth your time?

First, some expats don't like it when you tell people about Bequia. That's because the small island has become their secret paradise, and they'd like to keep it unspoiled by rampant

tourism. Others want to share all that the island of clouds has to offer, and to see the island residents and small businesses prosper.

This is the island that most Vincentians come to when they need to get off the big island for a while, and relax at the beach.

If beautiful beaches are your thing, then this island has many to choose from. Things to do on Bequia also include snorkeling, diving, casual and fine dining, visiting the turtle sanctuary, sightseeing, hiking, liming (relaxing) at any number of fun bars, live music, plantation tours, and even cross-country golf. We've provided a more comprehensive list of attractions below.


The island of the clouds is popular with the yachting community because the bay is well-protected on three sides, there are plenty of restaurants, and getting around on foot is easy. Safe anchorage is about more than weather, so you'll be glad to know that Bequia boasts almost no serious crime.

Best of all, Bequia is off the typical hurricane track, so it usually goes unscathed during the Caribbean's tropical storm season.

## Money in Bequia

The official currency of SVG is the East Caribbean Dollar (XCD), most often referred to as ECs (pronounced "ee-sees"). Exchange rates vary from time to time, but when writing this article the exchange rates were: 1 USD = 2.70 XCD; 1 CAD = 2.02 XCD; and 1 EUR = 3.01 XCD.

[insert image]



While many businesses will accept USD, and some tour operators function only in USD, you can use Euro's at some establishments, but it's not a reliable strategy. If a business does accept another currency, any change you receive will be in ECs.

Not all businesses on the island accept credit cards, so be sure to ask first. Visa and Mastercard work in many places, but other cards, not so much. Hotels are your best bet for using a credit card.

**Pro Tip: If you plan to use your credit card, ask first!**

On the main island of St. Vincent, there is an ATM and a currency exchange office at Argyle International Airport. In the capital of Kingstown, you can find the international banks of Scotiabank, RBTT, and a CIBC First Caribbean.

On Bequia, there is a bank with two ATMs, conveniently located in Port Elizabeth. You'll find it across from the pharmacy and the hospital. The ATMs are on the street side of the building. Anybody will happily point you in the right direction.

**Pro Tip: The ATM's on Bequia frequently go out of service or run out of money , so don't let your cash run too low. Plan your cash needs for 24 hours ahead.**

Withdrawal limits vary depending on your card/bank, and sometimes the ATMs are out of service, so be sure to plan ahead. All the ATMs charge a small fee for international transactions. The ATM fee amount varies from \$8.00 EC to \$18.00 EC, in our experience.

## Getting to Bequia

### Arriving by Air

You can fly to this island by charter, but most people arrive via ferry from St. Vincent, after flying to the larger island on a major airline. From Barbados, a regional flight direct to Bequia (J.F. Mitchell Airport, airport code BQU) often makes more sense than flying to St. Vincent and then continuing on to Bequia.

Carriers that serve SVG include American Airlines, Air Canada, Caribbean Air, LIAT, British Airways, and Virgin Atlantic. The main airport for SVG is Argyle International Airport (airport

code SVD), located just outside of Kingstown, on the big island of St. Vincent. Kingstown is the capital of SVG, and is a very busy place with many of its own charms.

There are charter flights from St. Vincent's Argyle International Airport to Bequia's J.F. Mitchell Airport, but for most people on a budget, that's just too expensive.


**Covid-19 Update:** See this link for official [Covid travel protocols from the government of St. Vincent and the Grenadines](#). The link contains information for entry either by plane or by yacht.

## Airport Taxi to Kingstown

So, for most folks, once you land in St. Vincent, you'll need to get to the ferry. From the Argyle International Airport, it's a forty minute taxi ride to the ferry terminal in the capital.

The airport taxis are regulated in St. Vincent by the Tourism Authority, and official taxis have a medallion in the window and the driver will be wearing a licensee lanyard (neck hung ID tag). The taxi drivers are safe, and we've never heard of any problems. We have only ever seen vans as taxis at the airport.

[insert image]



Our airport taxi of  
choice is Stefano Taxi  
Service.

The standard taxi fare from the Argyle International Airport to central Kingstown (the ferries) is \$80 EC, and that is non-negotiable. Elsewhere in SVG, though there are some set fares, most taxis can be negotiated with, if you like to do that sort of thing. Tipping taxi drivers does not seem to be very common here, but you may do so at your discretion.

### Pro Tip:

The last ferry of the day departs Kingstown to Bequia at 6:00 pm. If your flight arrives any later than 4:30 pm, you'd better plan for an overnight stay in Kingstown. It is far too stressful to deplane, retrieve your luggage, clear

customs & immigration, locate & load into a taxi, and then race to the ferry within that small ninety minute window. There are frequent traffic jams that will have you biting your nails as you check your watch. That's just not a good way to start your visit to paradise.

Also, if you do take the 6:00 pm ferry, you'll likely be arriving in Port Elizabeth, Bequia after dark – and that's no fun either! Our favorite part of the crossing happens as the ferry pulls into Admiralty Bay, and we can view all the colorful homes built on the mountain sides around the bay. This adds to the anticipation and fun of the arrival.

Your taxi driver will bring you right to the ferry ramp, and often onto the ferry to unload your luggage.

### **If you stop in Kingstown**

If you are overnighing or sightseeing in Kingstown before you board the ferry, you can easily find the ferry terminal in the harbor, just a short walk from downtown Kingstown. When in doubt, ask a local, they'll be happy to point you in the right direction.

Looking for more info on staying overnight in Kingstown? We'll have more info in our upcoming *Bequia Ultimate Travel Guide*.

### **Ferry Crossing from Kingstown to Bequia**

From Kingstown harbor, there are two ferries to Bequia (the Admiral, and the Bequia Express), departing an average of every 90 minutes between 8am and 6pm. Both ferries berth in virtually the same place, both at Kingstown and at Bequia – so they are very easy to find regardless of which one you plan to take.

For links to the regular ferry schedules, [use this link](#) for Admiral Ferries, and [this schedule link](#) for the Bequia Express. The ferry schedules change slightly depending on the time of year, so be sure to double check times closer to your arrival date.

We've taken both these ferries and haven't noticed a benefit of one over the other. The fare for the ferries is \$25 EC (\$10 USD) per adult (kids are somewhat less), and you can purchase your ticket while boarding. Luggage can be stored in the hold for no charge (extra-large sizes may incur a fee).



The ferry crossing itself is usually fairly gentle, but it is the sea, so if the weather is questionable, it can be a bouncy, tilting ride. Even in bad weather, we've felt quite safe on the ferry. You'll get used to the roll.

The crossing from Kingstown to Bequia is a quick forty-five minutes. There are drinks and light snacks available during the crossing, for decent prices. Beer on the ferry is only \$5 EC!

You can choose to sit below deck or on deck. Below, you will find bench seating and tables. On deck, you will find bench seating. Most seating is covered overhead, but you may get some light misting. The deck is high up so there isn't much spray unless the weather is bad.

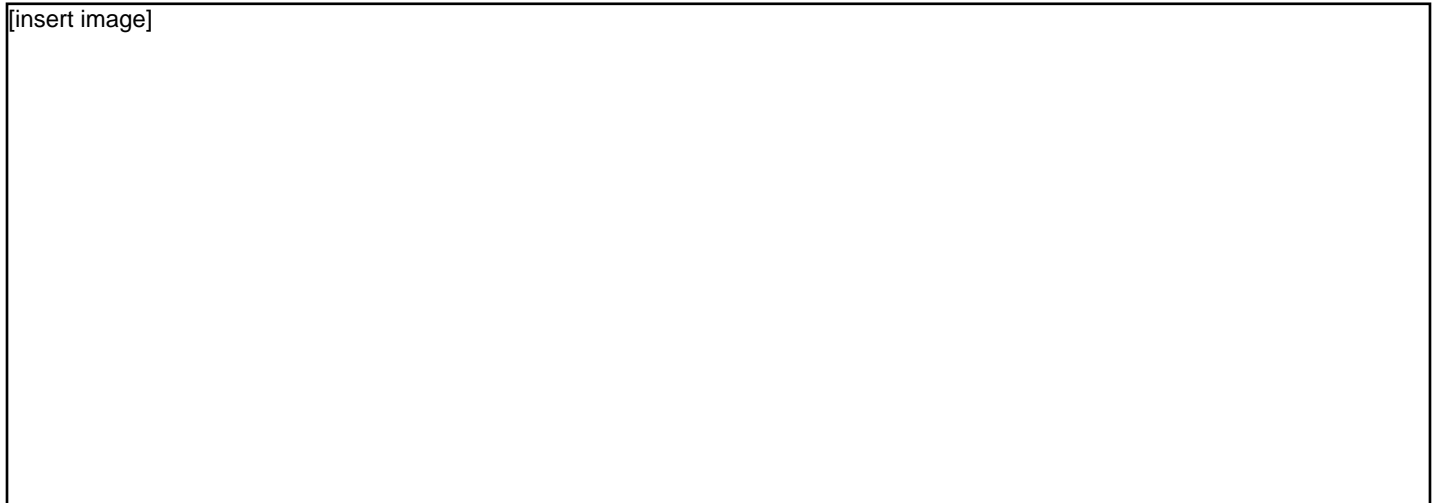
### **Update: Effective December 1, 2020 the fast ferry returns!**

The Jaden Sun fast ferry's schedule for December 2020 is introductory and a little sporadic, [see December here](#), while the schedule is a little more complicated [commencing January 3, 2021](#). Sorry, the schedules are images only. At the time of publishing, their website was not live and the Facebook page had not yet been updated. Radio Grenadines published Jaden Sun's fare schedule showing fares similar to the regular ferries (see above).

## **Your Arrival on Bequia**

If landing on Bequia by air, a taxi will be available at the local airport to bring you to your accommodations. The taxi fare from the airport to Port Elizabeth is \$50 EC.

[insert image]



Most people will arrive by ferry. Upon docking in Port Elizabeth (the main town) on Bequia, one of the first building's you'll see is the brightly painted office of the Bequia Tourism Association. That is a good place to stop and get a tourist map. You will also find a fares schedule for the land taxis on the island.

Here is a [link to the official website](#) for the Bequia Tourism Association.

At the tourism office, ask for a copy of the latest edition of *Bequia This Week*. The four page, free, weekly publication provides up-to-date entertainment options for each day of the week. It also contains a visitor welcome message, various advertisements, and some important telephone numbers (pharmacy, police, hospital, etc.). If you prefer an [online version, click here](#).

One particularly valuable resource during our time on the island was the Facebook public group *Bequia What's On!* It contains a plethora of information on upcoming feature activities at various spots on the island. You can [find that group page here](#).

## Getting around Bequia

Upon exiting the tourist office, you will easily find a taxi stand to your left, under the almond tree. Taxis are open-air trucks (with rain covers), and vans. There is no shortage of taxis, so don't rush.

If you wish, you can try the dollar bus (which is actually priced in a range of \$1.50-\$4.00 EC per person). While the dollar bus stops nearby the tourist office, the routing of the buses is limited. Also, the bus is not convenient for traveling with luggage. For us, these buses are not a comfortable way to travel, despite their low fares.

### Pro Tip:

The best way to get around Bequia is to walk. You'll see more, experience more, and it helps the mind & soul to just slow down.

Of course, if you've arrived by yacht, you can get most places on the leeward side via your dinghy.

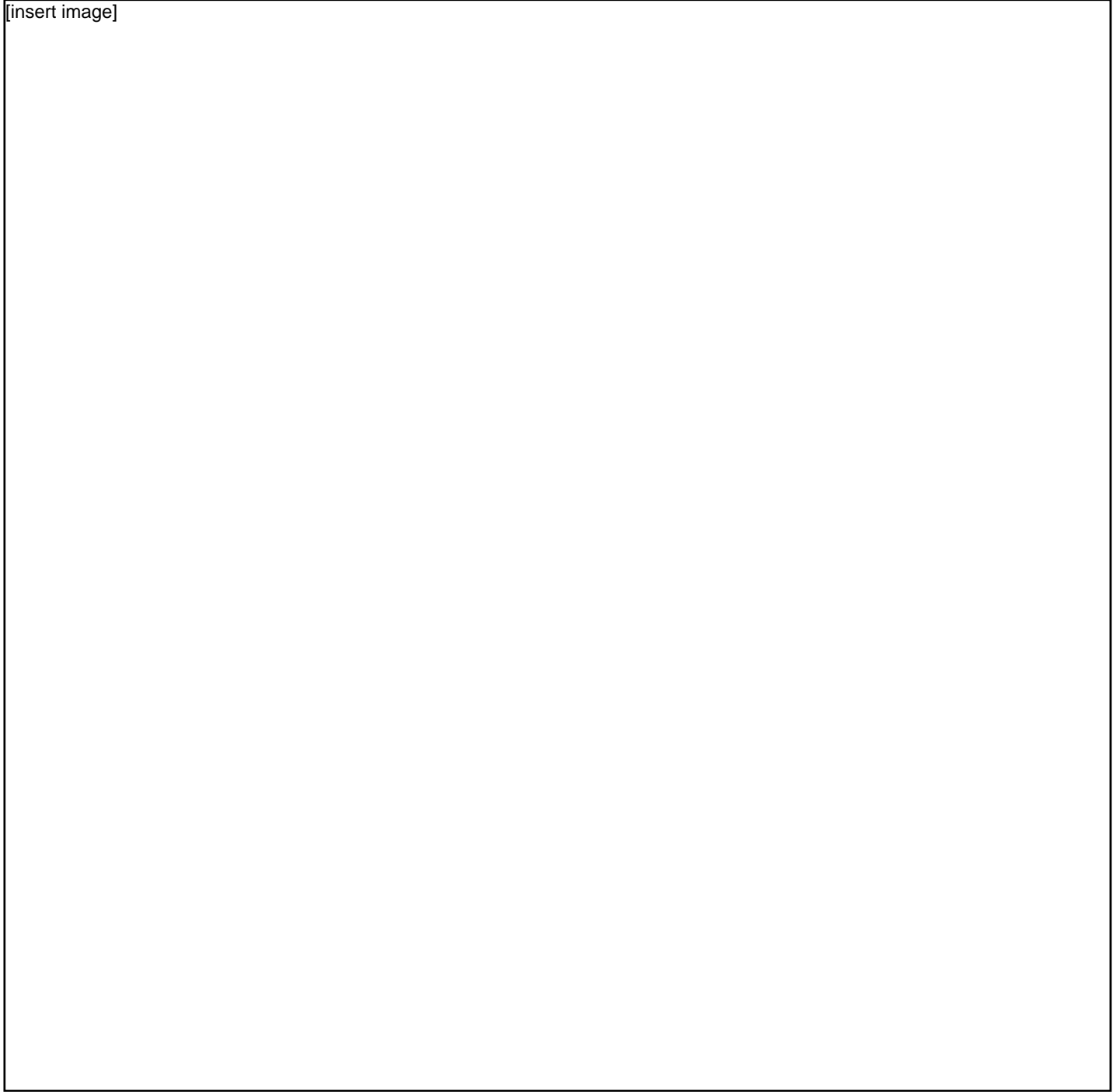
## Roads and Addresses on Bequia





First, there are no addresses on Bequia. Building's are simply known by their latest resident's name. Yeah, it's that kind of island! This nonchalant is charming to many, but can be frustrating if you're used to exact street addresses. Nonetheless, it seems to work for Bequia.

[insert image]



### Pro Tip:

Google Maps does not accurately display many Bequia business locations. This is not Google's fault. Rather, it is because many businesses on Bequia do not have a proper or well maintained online profile. They've either not entered or

confirmed their location, or they've moved and not updated their info. Also, you cannot find the prominent Belmont Walkway on Google Maps. So, get a tourist map at the tourism office!

The main thoroughfares (by road) on the island are: Belmont Road; Lower Bay Road; and Friendship Road. You'll find over 90% of businesses and attractions on, or just off of these roadways. In addition there are three footpaths: Belmont Walkway; Princess Margaret Trail; and the almost secret, path to Lower Bay.

## Accommodations on Bequia

Bequia has a good number of hotels to choose from, and they usually have vacancy, even in the high season. The only exception is during the annual Easter Regatta, held on Easter weekend. Accommodations are scarce around that time as the island is swarmed with sail-racing enthusiasts.

Some of our top recommendations for hotels on Bequia are as follows (and yes, each one has a link to their website for more information):

### Hotels where the action is:

- Keegan's Beachside Hotel & Apartments – in Lower Bay, this is fantastic beachside hotel if you're on a budget. Our top pick, overall. [Visit Keegan's website here.](#)
- Frangipani Hotel – on the Belmont Walkway. Room rates are mid-range, but it's close to all the action. [Visit the Frangipani website here.](#)
- Gingerbread Hotel – also on the Belmont Walkway. Room rates are mid-range, and it's close to all the action. [Visit the Gingerbread website here.](#)
- Bequia Plantation Hotel – at the end of the Belmont Walkway. Room rates are high, but the resort property is five-star, and it's just a short walk from most places. [Visit Plantation's website here.](#)
- Bequia Beach Hotel – located in Friendship Bay, this five-star resort offers a lot, including some stunning views of islands to the south of Bequia. Rates are high, but there are many amenities and a shuttle to Princess Margaret Beach. [Visit the hotel website here.](#)

### Quiet & secluded hotels:



- Spring Hotel – this five-star resort hotel offers a secluded stay with a view from a mountaintop. Rates are high, but it has many on-property activities. [Visit Spring's website here.](#)
- Firefly Bequia – located on a hill in Spring Bay, this four-star hotel offers a stunning view of a working fruit plantation, and a spectacular view of the Atlantic. Room rates are high. [Visit Firefly's website here.](#)
- Sugar Reef Bequia – located in Industry Bay (Crescent Beach), this four-star hotel has a breezy, beachside view of the Atlantic. Rate are mid-high. [Visit Sugar Reef's website here.](#)
- The Liming Bequia – located in Paget Farm, this five-star resort offers luxury everything, and a very secluded stay. If you have to ask the price, you can't afford it. [Visit The Liming's website here.](#)

### Other Accommodations on Bequia:

Bequia hosts a number of other accommodation options. There are a plethora of private villa rentals all across the island, offering weekly or monthly rates. You will also find some Airbnb rentals available on the island.

We found that most property owners on Bequia don't do a good job of advertising their vacancies. Most places cannot be easily found in an online search. Perhaps this will change as Airbnb becomes more popular on the island? The best way to find a place for your next stay is to walk around with a notebook and record some telephone numbers. Or ask around.

While each has its own charms, we found these rentals to all be quite expensive if you're looking for a long-term rental. If you come to Bequia for only a week or two, it makes the price of these accommodations more worthwhile. Alternatively, if you come with a group of six-ten people, a multi-room villa rental makes perfect sense.

There are some discount room rentals available too. They are somewhat harder to find, but if you ask around, someone will be sure to offer help.

## The Beaches of Bequia

Bequia is an island, and has many beaches, but all the best beaches are on the west side (leeward side). Here, the Caribbean water is warm.

In St. Vincent and the Grenadines, all beaches are public, with exception of the few private islands. There is some controversy about the public aspect, as some beaches have effectively been sold to private interests. This isn't really a problem on Bequia.

On Bequia, the three warm beaches that are picturesque and safe to swim are as follows:

### **Belmont Beach**

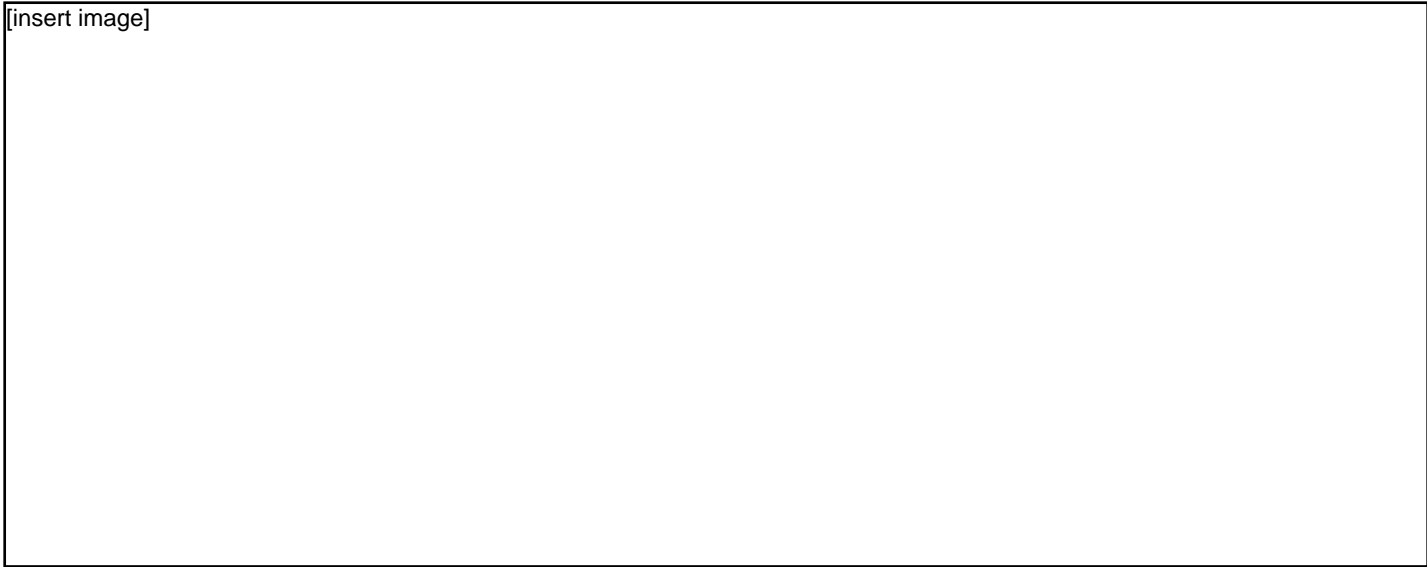
Located in front of the Bequia Plantation Hotel, this powder-like sand beach is located at the south end of the Belmont Walkway, about a ten minute walk from the town center. No taxi required. The beach is small, but the waters are very calm. For refreshments or food, Plantation's restaurant & bar is right on the walkway.

### **Princess Margaret Beach**

Accessible by footpath, by road, and by boat, PM Beach is famous for the impromptu swim of Princess Margaret in the 1950s. Formerly known as Tony Gibbons Beach, the beach was renamed in her honor, following her visit.

Swimming here is totally safe. The water is calm, the beach is a long stretch of sand, and there are many beach bar vendors. If you get hungry, Jack's Bar serves some great food.

[insert image]



Princess Margaret Beach  
Photo courtesy of Canyon Duncan

To get to PM by foot, take the Belmont Walkway, then follow the easy-to-traverse Princess Margaret Trail. PM Trail will take you up a hill (steps are built in) and down a cliff-side set of

stairs where you can take in a spectacular vista, and finally along a wooden walkway around the point to the soft sand.

If coming by water taxi, there is a dock on the north end of the beach at Jack's bar. If coming by road taxi, you'll likely be deposited a hundred yards from the beach. There is a rough road that comes right to the beach, but most taxi drivers won't go on it because it is hard on tires and suspension.

## Lower Bay Beach

This is a long stretch of sand, so you'll be sure to find a cozy spot in the shade or the sun. While there is a footpath from Princess Margaret Beach, you'll probably want to take a taxi (water or road).

If taking a water taxi, be warned that there is no jetty in Lower Bay, so you'll have to get your feet wet.

If coming by land taxi, the road is right next to the beach.

The footpath from PM Beach takes you up a long set of rocky steps, and has you tramp through the bush until you get to the road, which you follow down a hill. You'll then find clean sand, calm waters, and safe swimming.

There is a small reef close to shore that should be avoided for entry/exit in the water. Sea urchins sometimes gather at the reef, and you don't want to step on one. Also, stepping on any reef isn't the safest, or best ecological thing to do.

[insert video]

0:00

If you need refreshments on Lower Bay's beach, there are two restaurants on the beach, Keegan's (open year-round) and De Reef (open seasonally). There are also some off-beach restaurants that are open seasonally.

In-season, you'll find a full moon bonfire that attracts many locals and tourists. Beach volleyball is played every Sunday from 3 pm until dusk.

## Other Beaches

There are other beaches on Bequia's various bays, but they're not great for swimming. This is due to rough waves & tide. While going into the water isn't recommended, most of these beaches are quite nice to sit on and enjoy the wonderful views!

## Restaurants, Bars, Payment Methods, & Tipping on Bequia

Not all restaurants & bars on Bequia accept credit cards. For the ones that do, there are frequent connection issues, so we recommend keeping enough cash on you, just in case.

A good rule of thumb is to assume the restaurant is cash only. Then, if they happen to accept credit card, it's a bonus, and you can conserve your bill fold a while longer.

VAT is added to some bills, while other establishments choose to include it in their menu pricing. Be sure to check the fine print, if it exists.

Most bars & restaurants automatically add a service charge to your bill (usually 10%). The service charge may or may not be disclosed on the menu, so ask your server. If you feel the need to tip beyond that, you are most welcome to do so, and nobody will be offended.

You will need to adjust your service expectations. Bequia is a laid back place of slow life that exists on "island time." And nowhere is that more evident than in the prevailing level of customer service. However, there are a few rare superstars, and when you encounter them, you will quickly appreciate their extra effort.

Pro Tip:





In the off-season, most bars & restaurants close (even some hotel restaurants). If you're looking to dine on a Sunday in the off-season, you need to check around and plan ahead.

There are too many restaurant's on Bequia to list them all here. For a comprehensive listing, including how to get to each, and what their menu is like, see our post about Bequia [Restaurants & Bars](#).

## Attractions on Bequia

The Caribbean island of Bequia has many attractions. Several options are year-round, while others are annual or seasonal. Even when life slows down in the off-season, the island of the clouds is still home to a number of things-to-do.

As hard as we've tried, this isn't a list of everything to do on Bequia. But this review is a list of the most popular things.

We do note that many tour operators list & quote prices in USD, although you can always pay in ECs.

### Dining, Bars, & Lounges

The number and variety of places to eat and drink in Bequia is impressive for a small island. You'll find a good number of choices in the town center of Port Elizabeth, and along the Belmont Walkway. We've included [a link to our shop-by-shop listing of food & beverage establishments](#).

### Beautiful Beaches

We've written about the beaches above, but they really are an attraction you won't want to miss. The three main beaches of Bequia (Belmont Beach, Princess Margaret Beach, and Lower Bay Beach) are clean, warm, and safe to swim in all year (weather permitting, of course, but poor weather is very rare). [For more detail, go back to the above section on beaches](#).



[insert image]

the unspoiled beach at Lower Bay

## Belmont Walkway

This is a great way to get a quick flavor of the island. It's easy to find on foot, located at the south end of the town of Port Elizabeth, on the waterfront. Along the concrete walkway you'll find colorful fish, crabs, hotels, restaurants, bistros, bars, an ice cream shop, a clothing boutique, dive shops, a few private houses, one large estate home, and a resort. In the evenings, you will also find live entertainment on most nights.

The Belmont Walkway is also a great place to watch the sailboats come and go, or to sit and enjoy a beautiful Bequia sunset.

## Princess Margaret Trail

Located on the south end of the Belmont Walkway and Belmont Beach, the trail begins with a short hike uphill (steps are built into the hillside). At the apex, you'll find a lookout spot, where you can take in a spectacular view of Admiralty Bay, with its myriad hues of blue and green waters.



[insert image]

viewpoint from Princess Margaret Trail

From the lookout, you proceed down a flight of stairs to the water, where you'll find a wooden walkway just two feet above the water, that will take you around a cliff-face, and on towards Princess Margaret Beach. The total walking time is between ten and thirteen minutes.

[Pro Tip: Use Princess Margaret Trail to quickly and easily get from Belmont Beach to Princess Margaret Beach, and save yourself the need for a taxi.](#)



[insert image]

a section of Princess Margaret Trail

## Old Hegg Turtle Sanctuary

The Old Hegg Turtle Sanctuary is a conservation effort for the endangered Hawksbill turtle. The sanctuary is located in Park Bay on the eastern side of the island, just past Spring Bay and Industry Bay. You can easily catch a taxi to the sanctuary from Port Elizabeth for \$40 EC one-way (or \$90 EC return).

## Hike Mt. Peggy




Hiking up Mount Peggy, or Mah Peggy, as it is sometimes called, is an all morning affair. At about 880 feet elevation, Mt. Peggy provides a spectacular 360 degree view around Bequia. The hike usually starts in Friendship Bay and ends in Lower Bay (going the other way is harder).

If you prefer to take a guide, we recommend you contact "Bushman" Brent Gooding at (784) 495-2524, or ask at the tourism office.

## Team Truland Rum Shop Tours

These rum shop tours are a blast! First, we should clarify, there is no rum distillery on Bequia to visit. Team Truland offers tours of various rum shops, making this Bequia's version of a pub crawl. They rarely attend the big, well known establishments, opting instead for the small proprietors.

[insert image]



one stop on a Team Truland Rum Shop Tour

This is a fantastic way to visit bars and food stops that you might otherwise miss. And there is a different game for the group to play on each tour, just to keep every outing fun and unique. During the high season, a rum shop tour is scheduled every ten days, or so. [Contact Team Truland via Facebook](#) to inquire for info and reserve your spot.

## Taxi Tours

Almost every taxi on Bequia provides some version of an island tour. Just ask around town, and somebody will be sure to point you in the right direction. You'll find the taxi stand under the almond trees in the harbor (with your back to the water, it's to the right of the ferries. Many of the open-air (covered) taxis can accommodate up to eight passengers.

Taxis are plentiful on Bequia. Most taxi tours charge around \$35 USD per hour. Confirm price & other details prior to your tour. All taxis on Bequia are cash only. Some taxis may accept USD, but ECs are preferred.

## Vehicle Rentals

Explore Bequia on your own! Vehicle rentals are available either on St. Vincent, or from select rental companies in Bequia. Here is a link to a [list of vehicle rental providers](#).


If there is an option, opt for a 4-wheel drive vehicle. The mountainous roads are often steep, and 2-wheel drive cars and trucks struggle on many roads, especially when wet.

Driving throughout SVG is on the left side of the road.

## Tours by Sea

Bequia has many seagoing tour operators, and yacht charters, all offering a slightly different experience. You might tour around the island, have a beach BBQ at Isle A Quarte, visit the Tobago Cays Marine Park, or the nearby islands of Mustique, Mayreau, Canouan, or Union Island.

[insert image]





[insert image]

Swim with the turtles in the turquoise waters at Tobago Cays Marine Park!

Be sure to check out the differences between the sea tours, and pick the ones best suited to your likes and desires.

## Underwater Diving Tours

Bequia enjoys two dive operators. Both are highly recommended. Both dive shops are conveniently located (and easy to find) on the Belmont Walkway. Diving in Bequia offers over 20 dive sites, including reef dives, wall dives, swim-throughs, and four wrecks.

## Watersports

In addition to diving, other popular watersports in Bequia include snorkeling, kayaking, windsurfing, and fishing. Most larger hotels offer rentals of gear for the latter three activities, if required.

## Tennis

The tennis court can be found at the Gingerbread Hotel, on the Belmont Walkway. It is available to hotel guests for no charge, and non-guests for a small fee. Tennis racquets and balls can be rented from the hotel.

## Bequia Golf Club

A cross-country golf course is present on Bequia. It's a six hole, par three course. You can rent a club, tees and balls (or buy the balls you lose). The average round takes 30-45 minutes. There aren't holes, *per se*, rather flag stakes to hit (or get within a club length). Go to Firefly Hotel, in Spring, to get your game on.

## Day Spas

There are a variety of day spas on Bequia. You're on vacation, why not spring for a massage, manicure, pedicure, or facial?

## Yoga on Bequia

If yoga is your thing, there are a variety of sessions available for all skill levels at various locations across the island. Contact [Wild Thing & Co. by email](#) or telephone at (784) 534-0255. Or try [Sati Yoga by email](#) or by telephone at (784) 455-4565.

## Moonhole

Visible from the bay, you'll find the unique and picture worthy Moonhole. The site is a private conservation preserve, developed in the 1960s, that features houses carved out of solid rock, looking out past the bay. The private area is closed to land tours, and now only viewable from the sea.

## Mount Pleasant



As the second highest point on Bequia at about 760 feet elevation, Mount Pleasant offers impressive views of and around the island. On the leeward side, you'll be treated to a fantastic view of the bay and all its boats, as you look out upon the Caribbean Sea. On the windward side, there are spectacular views of the Atlantic Ocean, and many islands to the south of Bequia.

## **Hamilton Fort**

The ruins of this fort, that was originally charged with the defense of Admiralty Bay in the 1700s, stand just west of the village of Hamilton. The fort was occupied by both French and British forces. Cannons reclaimed from the sea now mark the location of the fort and its batteries.

## **Spring Plantation**

Located in Spring Bay, you'll find this grove of coconut palms that was once a 19th century sugar plantation. While the remains of the sugar mill can be found on the site, the plantation now grows fruit, and is home to the Firefly Bequia Hotel.

## **St. Mary's Anglican Church**

Located along the harbor in Port Elizabeth, this beautiful stone structure was built in 1829 after a hurricane destroyed its predecessor. The church site is a must-see. Regular mass is still held at St. Mary's. There are several other churches, of varying denominations, on the island, but this one is an attraction because of its architecture.

## **Museum**

You'll find the Bequia Maritime Museum on Friendship Road, exhibiting the unique whaling history and tradition of Bequia. While entry is free, donations are appreciated. The Bequia Historical Foundation is planning expansion of its facility in the near future. Contact the tourism office to arrange a proper tour.

## **Model Boats**

With Bequia's history of traditional boat building, it's no wonder that you'll find some very finely crafted, handmade model boats. Two such makers of model boats are Mauvin's Model Boat Shop, and Sargeant Brothers Model Boat Shop, both located in Ocar, just outside the center of Port Elizabeth.

## Beach Volleyball

If beach volleyball is your passion, head to Lower Bay on most Sundays, year-round. The games are pick-up, and action runs from 3 pm until dusk. Drinking is encouraged during play (to stay hydrated, of course). Between sets, jump in the ocean for a cool-off. Afterwards, players gather nearby to socialize without the competitiveness. Volleyball is also an activity available at Bequia Beach Hotel, and you can check with staff there for details.

## Amateur Sporting Events

There are numerous amateur sporting events held at the Clive Tannis Playing Field, just past the hospital & police station. This is most often used for football (soccer) matches, cricket, and track & field. There is covered bleacher seating. It is also the site for many large social parties. In addition, there is a basketball court at the site.

## Annual Calendar Events on Bequia

Bequia is host to a number of annual events that make the island proud. They are listed below in chronological order.

- New Year's Day Golf Tournament fundraiser (January 1);
- Music Fest (late-January);
- Easter Regatta (Easter weekend);
- Vincy Mas Carnival (early July, on St. Vincent);
- Fisherman's Day (first Saturday after Vincy Mas);
- Annual Bequia Basketball Tournament (late-July);
- National Heroes Day (March 14);
- Emancipation Day (August 1);
- Keegan's Seafood Fest (mid-August);
- Independence Day (October 27);
- Nine Mornings festival with village Christmas light-ups & street parties (Dec 15-24). In particular, watch for the light-up dates in Friendship, Mt. Pleasant, and in the harbor;
- Christmas Eve/Day (December 24 & 25); and last, but not least,
- Old Year's Night parties & fireworks in the harbor (December 31) (the fireworks are the best we've ever seen, anywhere!).



## General Groceries

Groceries and other provisioning supplies are fairly easy to find on Bequia. Whether you're in a vacation rental, on a yacht, or living long term on Bequia, these are the essential places to know.

For most groceries, you can get them at Knights Trading. Knights (primary site) is located in the center of town just up the street from the colorful Rendezvous Lounge, and on the corner of back street. Anybody can point you in the right direction. It is a supermarket, with some hardware items on the second floor. There is a secondary site for Knights on the corner of Belmont Road and Belmont Road (the road to Spring junction). There is a new, third site for Knights in Ocar, on Belmont Road.

You will also find many mini-marts throughout Port Elizabeth. If Knights happens to be closed, try Select on front street, or Monica's, on Belmont Road near the petrol station. Both are often open late.

For specialty food items, visit Doris' Provisioning, on back street, just behind the government Revenue Office building.

In Lower Bay, try Petra's mini-mart for various grocery or alcohol supplies. In Hamilton and Ocar, you find various mini-marts.

For produce, you will find many street vendors in the harbor of Port Elizabeth, and at least one vendor in Lower Bay, and several in Friendship Bay.

## Cases of Beer & Soda

If you're looking buy beer or soda by the case (24 bottles), you will find Orton King Distributors in Ocar, a little further down the road from Coco's Place. They are open weekdays from 9 am to 5 pm. The prices are far better than at the grocery stores. This is also the bottle depot (refunds for full cases only).

## Pharmacy

Imperial Pharmacy is located between the hospital and back street, across from the bank. Ignore any open hours on its website or Facebook page. Instead, follow its door sign which indicates open 8 am to 7 pm Monday to Thursday, 8 am to 6 pm Friday, closed Saturday, and open 9 am to 12 noon on Sunday. You can call them at (784) 458-3373.

## Yacht Services

The Yacht Club provides dockage facilities, moorings, air-conditioned rooms for rent, and other services. Look for the big blue building on the north side of Admiralty Bay. Their offices are open 8 am to 3 pm. [Visit them online](#), or call (784) 533-1320.

Across the road from the Yacht Club you will find SVG Yacht Services for your maintenance needs. [Visit their website](#), send them an [email](#) or call (784) 530-8300, or VHF 68. They are open Monday to Friday from 9 am to 5 pm.

Kerry Marine Services provides boat engine repair. This is a mobile service. You can contact him via [email](#), or VHF 68, but are best to call him at (784) 530-8123.

For your sail & canvas needs, we have heard good things about Grenadines Sails, and Bequia Canvas. Both are in Ocar, located just past the driveway for Yacht Club on Belmont Road. Grenadines Sails can be contacted by telephone at (784) 457-3507. Bequia Canvas can be reached by telephone at (784) 457-3291.

You will also benefit from knowing about Dockside Marine (marine hardware) at the south end of front street, opposite St. Mary's church. Dockside accepts Cash, Visa, & Mastercard.

## Hardware & Tools

If you need a hardware store, go to Bequia Venture. They have most everything. You'll find it just off back street, up the road from Bequia Threadworks. You can also try Dockside Marine, mentioned above.

## Computers & Electronics

For computer repairs, and electronic supplies, there are a few choices on Bequia, but our recommendation is Gil at Sunny Computer, in Ocar. They are below Coco's Restaurant. You can call them at 1 (784) 530-3938.

## Summary Review of Bequia





[insert image]

sunset from the Belmont Walkway

The top ten reasons to come to Bequia, in our humble opinions, are as follows:

1. Beautiful scenery and amazing sunsets, with plenty of opportunities for photos, characterize this island.
2. Pristine beaches, warm waters, and excellent swimming opportunities.
3. The residents of Bequia are super fun, with some of the kindest people you'll ever meet.
4. This island has a plentiful number of restaurants and bars, with a good mix of local foods, and international cuisine.
5. There is a ton of fun activities throughout the year, and the Vincentians people know how to throw a party.
6. There is a rich history on the island of clouds.
7. This island's location in the Grenadines means that you can visit a number of different islands without having to clear customs at each stop.
8. The temperature in Bequia is virtually the same all year-round, and the island is rarely hit with serious storms.
9. You're likely to make friends during your stay that you can visit with again on your next trip to the island.
10. Did we mention Team Truland Rum Shop Tours?

In essence, life is slow on Bequia, people are fun, and the sunsets are spectacular.

**Other Bequia Information**



For additional information on Bequia, try these articles:

- Bequia [Restaurants & Bars](#)
- [Boston Globe article](#) by Christopher Muther
- official website for the [Bequia Tourism Association](#)
- nearby [Leeward Tour of St. Vincent](#)
- nearby [Shops & Services in Kingstown](#)
- nearby [Union Island](#)

And check back soon for our upcoming *Bequia Ultimate Travel Guide*.

 Beach, Caribbean, Expat Living, Hiking, Sailing, Sightseeing, Sports, Travel

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