

The insiders guide to Tropical Hideaway and the Island of Bequia

**NEW
2026/27
edition**



This book is expensive to produce. Please do not remove from your room or leave it outside in the sun or where it may get wet.

Welcome to Tropical Hideaway and the beautiful island of Bequia

First of all, may we both say thank you for choosing to stay at Tropical Hideaway. We hope your arrival exceeded your expectations and that you are now relaxed and enjoying yourselves away from the pressures of everyday life. If there is anything we can do to improve your stay, anything else you would like in your room, any information or questions you would like to ask, please be assured we are always here to help.

We can usually be found in the office which is to the left at the top of the steps by the shop. Please feel welcome to come by for a chat. You can also call us on (landline) 458 3676, (cell) 532 1690 or text us on WhatsApp (1784) 532 1690. Alternatively you can email us at martin@tropicalhideaway.com

Bequia (pronounced bek way) is one of the most beautiful and unspoilt islands in the Caribbean, an undiscovered paradise, the Caribbean of 30 years ago. Covering an area of only 7 square miles, Bequia lies in the warm tropical waters of the Caribbean Sea. It is well connected with it's new International airport in St Vincent and Bequia is a 1 hour (or less) ferry ride away. Bequia is close to the renowned Island of Mustique and a short plane hop from Barbados, both favourite islands of the rich and famous. It is the largest of the Grenadine Islands known also as the 'Jewels of the Caribbean' and is blessed with several pristine, white sandy beaches many of which are totally natural and undeveloped. Enjoy the uncrowded pristine white sandy beaches, swim and snorkel in our safe and warm Caribbean waters. Explore the island, walk the streets, visit the most local of local bars and experience the genuine friendliness of the local Bequian people.

and finally

A BIG THANK YOU FOR CHOOSING US

We feel privileged that from all the wonderful places you could have chosen, you chose us. **THANK YOU.** We hope you arrive as guests, leave as friends and have an absolutely wonderful time.



Martin & Julie
Your Hosts



Ann-Marie



Lisa



Zeann



Marlon

Some of our housekeeping, cooking and gardening staff

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Hotel House Rules

Important Information

- 1) **Water.** Water is our most valuable resource. Bequia is a dry island with no natural water, streams or springs. All of our water is collected from our own property, filtered down from the roofs and stored in large concrete tanks. These water tanks supply the kitchens, showers and sinks with quality filtered 'Sky Water' suitable for drinking. Never leave taps running, only have short showers and absolutely never waste any water. We also have complimentary filtered water that has been through a 5 stage filtration and a UV light process. This is available from the water dispenser by the office and is also the water provided in the glass water jug in your fridge.
- 2) **Electricity.** Electricity is expensive, costing around 3 times more than the US. We use the latest LED lighting, sensor controlled switches, the most energy efficient appliances and solar energy for hot water and Infinity Pool pumps. For your part we ask that lights and fans are turned off whenever possible, that air conditioners are only used with doors and windows closed and are turned off when you leave the property for an extended period of time. They are our biggest consumers of electricity.
- 3) **Breakages.** We live on a small Caribbean island with limited access to stores and products. Please understand that if something gets broken we cannot simply go to a shop and replace it. It has to be sourced, flown thousands of miles and finally cleared through customs with duties of around 100% paid. A small item broken can often result in replacement costs running into hundreds of US dollars, with an inconvenience to future guests lasting for several weeks.
- 4) **Souvenirs from our Rooms.** Please do not remove any items from your room. Our hairdryers, towels, bath robes, bathroom amenities, shampoo dispensers, adaptor plugs, calendars etc are all UK imported and are expensive and difficult to replace.
- 5) **Security.** Bequia is a very safe island and we have never had any thefts or unwanted visitors to Tropical Hideaway. We wish to keep it this way. Please lock your door when you leave your room. Your room contains valuable items and you are responsible for these items during your stay.
- 6) **Smoking.** All rooms, the Pool Bar and the Gazebo daybed are non smoking. Smoking is permitted in outside areas away from other guests or in your open veranda. Please dispose of used cigarettes properly. Do not throw them on the floor. They are a FIRE risk and are unsightly. Do not use our crockery for ashtrays, for burning candles or mosquito coils. Please ask Julie or housekeeping for an ashtray.
- 7) **Noise.** Please keep noise levels to a reasonable level and be considerate of other guests who may simply wish to relax. Sound travels far in Bequia and nearby houses will hear any loud music, shouting and partying. If you are in the Pool Bar please be aware that guests may be staying in the Pool House a few feet away.
- 8) **Clothing.** Guests are asked to wear appropriate clothing in and around the Infinity Pool and all guest areas. If you wish to 'Bare All' please do so in the privacy of your own accommodation, away from us and other guests.

Hotel House Rules

Important Information

- 9) **Non Resident Guests and Visitors.** Tropical Hideaway is a small 'boutique style' hotel offering luxury accommodation and facilities to resident guests only. We do not accept visitors or friends if other guests are in residence. If you do wish to entertain or show friends around, please ask Martin or Julie first.
- 10) **Beach Trips and Excursions.** Do not take glasses, dishes, cutlery, pool or bathroom towels or anything from the Pool Bar or your room to the beach. We can supply complimentary beach towels and if you require glasses, plates, cutlery etc please ask Julie or housekeeping. We also have a cooler box for guest use but you will have to get some ice from town to fill the box. If you are leaving the property for several hours please let us know. It enables us to complete our housekeeping duties and to carry out routine maintenance, cleaning and tidying etc without disturbing you.
- 11) **Pool Deck furnishings.** Do not use the parasols in windy weather and lower them when you leave. Please do not drag the sun loungers over the coral deck. It will mark the tiles. They can be moved easily using the wheels. We have several floaters available for the pool but please put them back under the Gazebo day bed after use or they will simply float or be blown over the Infinity edge and be lost or punctured.
- 12) **SunBum 'Reef Safe' Sunscreen.** We have had problems with some sunscreen products and recommend that you use SunBum sunscreens or other reef safe brands. We stock a comprehensive range of SunBum products and these are available at very competitive prices from our shop. This helps to prevent damage to both the marine environment and also to the pebble tiles in our Infinity Pool.
- 13) **Glass.** Do not use our fragile room glassware in or around the Pool area. If a glass gets broken in the pool it can result in the pool being closed for several hours with inconvenience to everyone. We supply a quality range of acrylic glasses which can be found on the shelf in the Pool Bar. Beer and wine bottles are fine. Please place empty beer and soft drink bottles in the crates provided as they are returned and re-used by the local brewery.
- 14) **Recycling.** All beer and soft drink bottles are returned to the brewery for re-use and these bottles must be put in the drink crates provided in your room. Wine bottles, aluminium cans and plastic water bottles should be kept separate or placed in the recycling bins at the front of the hotel.
- 15) **Marijuana (Ganja).** Marijuana is extensively grown throughout the Caribbean and is easily available on the island. Please do not bring Marijuana or any illegal drugs into Tropical Hideaway.



Thank you for helping us keep Tropical Hideaway a special place



Your Arrival



If you've booked through our website and are staying for at least 5 nights our local taxi driver (Gunno or Damaris) will collect you from the airport or the local ferry port and will show you a little of Bequia on the way to Tropical Hideaway. We will be waiting with a welcome drink 'Martin's Famous Rum Punch' and we'll grab your bags and take you to the Pool area with the amazing views. Hopefully there will be a 'Jaw dropping WOW' moment and after a brief tour we will take you to your beautiful accommodation. It will take about 1/2 an hour to show you how everything works after which you can settle in and decide on your plans for the evening.



Food and beverage welcome packs



Welcome Pack

Bookings for 7 or more nights made through the Tropical Hideaway website receive a complimentary food and beverage starter pack including a bottle of wine, beers and soft drinks, coffee, tea, milk and sugar, bread, butter, cheese, eggs, salad, fruit, some snacks and much more.

Additional items can be purchased from our shop, upstairs by the office, and this will be open on your arrival.



Home cooked
Teriyaki chicken

Our lovely freshly
baked, seeded bread



Your first night here

Most of our guests have a long International flight and arrive in Bequia fairly tired. They often relax with a glass of wine or a couple of cold beers and jump in the pool. Food is often a Tropical Hideaway Home Cooked 'Ready Meal' and we can have one thawed and ready in your room. Please browse our Home Cooked Meals and let us know your preference. Alternatively some guests enjoy a simple but lovely meal using our freshly baked, seeded bread (still warm) together with some cheese and salad items to suit. There are also several restaurants in town who will deliver a meal to T.H with Mac's Pizza being one of the favourites.

Alcohol

We have a temperature controlled, licensed shop at Tropical Hideaway selling a wide range of quality beers, wines and spirits and everything is based on local shop prices allowing you to enjoy the convenience of a hotel but with prices of a local supermarket. Martin's island famous Rum Punch is also available and this is one of the most requested items, after guests taste and enjoy their welcome Rum Punch.



We always keep
a bottle or 2 in
the fridge for
your enjoyment

Your kitchen has a sink, a two burner hob (*full range cooker in the Pool House*) and a microwave oven and grille (*please do not use any metal on microwave setting*). You will also find a full size fridge, kettle, coffee maker, toaster and a blender. A comprehensive range of high quality cooking utensils, bowls and pans. Crockery and cutlery etc are supplied as is an ice bucket for storing your ice. If you require anything else, please ask. We are here to help.

Our gas hobs and cookers have a safety flame cut out device so please note the gas knobs must be turned on and pressed down for a few seconds to enable the gas to remain on.

- 2 burner gas cooker (6 burner range cooker in Pool House)
- Full size fridge with freezer compartment. (icemaker in Pool House and Penthouse)
- Professional quality pans, crockery, cutlery, chefs knives, serving dishes, glasses, utensils, etc
- Microwave combination oven and grille, kettle, toaster, blender, outside barbecue on the Breakfast Veranda and private barbecues in the Pool House and Penthouse.

Tea and Coffee

In your room you will find a French press and a teapot. You will also find some quality tea bags and coffee. The coffee is grown, processed and roasted using traditional methods just a few miles away on St Vincent and we are proud to support this local business. It also makes a wonderful souvenir or gift to take home with you.

Water and Ice

Although we have our lovely 'sky' drinking water, available straight from our taps we have recently installed a state of the art water filtration system complete with UV light and charcoal filters. This effectively means that any sediment, chemical or taste impurities are removed, with the Ultra Violet filter destroying any bacteria and viruses. This purified and filtered water is complimentary and can be found in the glass water jugs located in your fridge and re-filled on housekeeping days. This water is also available on the breakfast veranda from the water dispenser. This is a complimentary service which you can use to fill your own personal water bottles and also helps stop the use of one off plastics, which is so important for the environment and our small island.



Ice is complimentary and there is an icemaker in the Pool Bar. Some rooms have their own icemaker and fridges have ice trays for making your own ice cubes. Additional ice is available. Please ask housekeeping or Julie and Martin.

Please help conserve our water. Never leave any taps running or waste any water.

Bedroom and Living area

Rooms are furnished to the highest of standards with comfortable seating areas, rattan style lounge chairs and beautiful panoramic views. Beds have luxurious mattresses with the very best 1000 thread count Egyptian cotton bed linens. Quality allergy free pillows and natural goose down pillows are supplied.

All windows and patio doors are fully screened allowing you to have the doors and windows open and enjoy the ambience of outdoor living without getting bitten.

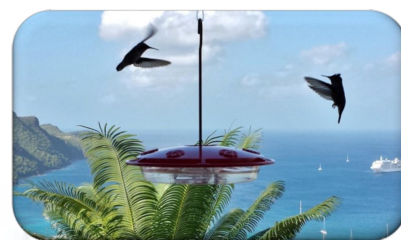
- Luxurious and spacious boutique style accommodations
- Hair dryer, face and dressing mirror, luxury bathroom, pool and beach towels
- Luxury bed linens and premium toiletries
- Fully screened windows and doors allow for a mosquito and bug free environment
- Luxuriously furnished throughout with comfortable rattan style armchairs

Room Information

Your Veranda

Your private veranda has a teak bistro dining table and chairs, allowing you to dine 'Al fresco' style and enjoy the ambiance of outdoor living.

- Jaw dropping Caribbean Sea, Ocean and sunset views
- Private covered veranda (hammocks in Penthouse, Pool House and Infinity)
- Dine Al fresco style and enjoy the outside ambience
- Humming bird feeders on your veranda. An absolute delight to watch



Your Bathroom

Please be careful when walking on tiled floors. They can be extremely slippery when wet. A shaver point, hairdryer, dressing and face mirror are supplied for your convenience.

Toiletries. We take special care in sourcing organic, cruelty free products and your bathroom is supplied with a complimentary range of quality, environmentally friendly toiletries. We do not use 'one of use' plastics. Spare toilet rolls can be found in the bathroom cupboard.

Towels. We supply luxury towel sets including face, hand and body towels for your personal use. Striped pool towels are supplied for use in and around the pool area, the Gazebo or on the chairs. If you are wet or have used suntan creams please use these towels inside your room as many of the furnishings and coverings are new. We can also supply complimentary beach towels (by the water cooler) or ask housekeeping .



Showering. We heat our hot water through Solar power, the hot water storage tank being in the Pump room. It can take up to 45 seconds for the hot water to reach the bathroom. The quickest way to get hot water to the shower is to turn the hot water bathroom sink tap on until it becomes warm, then turn the sink tap off and the shower on.

Please help conserve our water. Never leave any taps running or waste any water.

Housekeeping

Housekeeping is included in your stay and our staff will empty your bins and clean and tidy your room to your requirements. They will also change any bedlinen, bathroom, pool and beach towels that you request on your housekeeping card.

Additional garbage This can be placed in one of the dustbins in the open fronted building opposite the Hotel entrance. Dustbins are emptied early every Monday and Thursday. Please do not put glass, beer or soft drink bottles in the garbage as we pay a deposit on these bottles and they are returned to the brewery for cleaning and re-use.

Laundry Room

You are welcome to use our laundry room. Please ask housekeeping or Julie and we will show you how to use the machine. A rotating clothes line is available for your use. You will find an ironing board, iron and a hanging clothes drier already in your room and small packets of washing powder can be purchased from our shop. To access the Laundry room please walk around to the front of the hotel and down the concrete slope towards the woodland walk and the vegetable garden area. The Laundry room is through the large louvered doors. There is an additional charge if you wish to use the electric drier.



Room Information

Sunscreens

If you have recently applied sunscreen to your skin please use your pool or beach towel before you sit on any furniture as many of our furnishings and coverings are new and can easily be damaged by sunscreen. We do stock a comprehensive range of SunBum (reef safe) sunscreens and these are available from our shop at very competitive prices.

- SunBum 'Reef Safe' sunscreens available from our shop at very competitive prices

Smoking.

Please do not smoke in your room. All rooms, the Pool Bar and the Gazebo daybed are non smoking. Smoking is permitted in outside areas away from other guests or in your open veranda. Please dispose of used cigarettes properly and do not throw them on the floor. They are a FIRE risk and are unsightly. Ashtrays are available from housekeeping or ask Julie. Please do not use our crockery as ashtrays or put used cigarettes in glass bottles that are returned to the brewery for re-use. *Smoking in your room will result in a cleaning charge.*

Fans and Air Conditioning

Many of our guests do not like the dry atmosphere created by an air conditioner and enjoy the natural breeze with the doors and windows open in the day and either have the fan on during the night, or the air conditioner if they find it too hot. We have the very latest, high tech ceiling fans providing efficient and 'silent' airflow above your beds. If you do use the air conditioner please ensure all doors and windows are closed, as the unit will not operate correctly and the cool air will simply escape through the doors and windows. If you leave the room for an extended period of time we would ask that you turn the unit off.

- Latest high tech, brushless motor fans create a silent, efficient and cool atmosphere above your bed

Electricity, Adaptors, type A and C USB charging ports.

Bequia has a 220 volt electric supply with UK style plugs as standard. We have the latest type A and C USB charging points in all rooms and can supply adaptors that convert our sockets and allow you to use American and Canadian style plugs. Our adaptors do not change the voltage, but most small appliances e.g. cell phones, laptops, iPhone's, iPad's, tablets etc are multi voltage (110v-240v), and can be used with our type A and C USB outlets

or our adaptor plugs. Please note quality hairdryers are supplied in all rooms so you do not need to bring these. Electricity is expensive in Bequia and is still produced using old diesel generators. It costs around 3 times more than electricity in the US and is one of our biggest overheads. We would ask that lights and fans are turned off when not required and that air conditioners are turned off when you leave the property for an extended period of time.

- The latest type A and C USB charging points in plugs
- Plug adaptors available if required

Cell Phones

We have a complimentary guest phone which is kept on the table by the hotel veranda seating area. This can be used for taxis, booking restaurants and other local calls. Please do not remove the phone from the veranda area. Alternatively come to our office and we will gladly phone a taxi, make a restaurant reservation etc for you. If your phone is unlocked you can also buy a Digicel SIM card (around 35ec) and use it in your own phone.

- Complimentary use of cell phone for booking taxis, restaurants etc or our office will call for you



TV, Music, Media and Internet

We have our own hardwired network entertainment system which provides access to the latest movies, television programmes, series and documentaries. All rooms have the latest large screen (mostly 49" or larger) 4k smart TV's supplying high definition programmes. Music and radio is also supplied through this media system.

- High Definition movies, documentaries and tv series available in all rooms
- All tv programmes shown in full HD
- Large selection of music available in your room
- Complimentary high speed Wi-Fi available in all areas



We use the plex app on our smart TV'S as the interface and this offers a user friendly experience, allowing you to see detailed information about the movie or Tv programme you are about to watch.

TV quick start

Plex App. Our in House entertainment system allows you to access 1000's of movies and our music collection via the Plex Media App which is already downloaded onto your Tv

1. Make sure the power is turned on at the wall socket by the Tv and turn the TV on using the remote control.
2. Select the 'Plex App', 'Home' or the 'Smart' button on the remote. Different TV remotes may be slightly different.
3. The 'PLEX' app allows you to access our TV and Music system where you will be offered a selection of Guest Movies, Guest TV shows and Guest Music.
4. When selecting the Movie option you will be offered our movie collection by year.
5. When selecting the Music option you will be offered our Music collection by artist.

6. To play your tv or music option select 'Play', 'Play from Start' or 'Resume' if you have previously watched some of the programme
7. Pressing the remote 'back or return' button will take you back one step.
8. Our TVs are all 'Smart' TVs so you should be able to access your private accounts for YouTube, Netflix or Amazon prime etc.

Internet

There are several high power wireless routers around Tropical Hideaway and these provide high speed internet to all areas of Tropical Hideaway.

The password is to- - - - 3

Additional routers can be found in the Penthouse, Pool House, Hibiscus, Palm and Infinity and these extra routers ensure a good connection can be received in all areas. These additional routers do not need a password.

Please note that streaming services, downloading TV programmes etc. can effect the speed of the internet and if several guests are streaming at the same time, this may slow down our normally fast internet service.

NEVER GO INTO OR CHANGE ANY OF THE SETTINGS, OR TRY TO DELETE PROGRAMMES ETC. IT WILL EFFECT THE ENTIRE SYSTEM

The Infinity Pool, Pool Bar and Gazebo



The Royal Clipper is the largest sailing ship in the world

The Infinity Pool

Tropical Hideaway has an 18m (58') wide, panoramic, Infinity Pool and is often quoted as being one of the top ten private infinity pools in the Caribbean. The entire pool is tiled using natural stone pebbles in pastel shades of greens and blues creating a stunning and natural effect, that blends perfectly with the turquoise colours of the Caribbean Sea.

- Heated Infinity pool for all year round use
- Jaw dropping views that will literally take your breath away
- Beautiful ambient evening lighting with amazing views 24 hours a day

The Infinity Pool is a stunning feature of Tropical Hideaway and swimming or relaxing in the pool as the sun goes down is absolutely beautiful. For many people this is one of the highlights of their trip and as the evening sun slowly sets and you look out over the Caribbean Sea, you cannot fail to be impressed. Sunsets from here can be amazing, with the elusive 'Green Flash' often being seen. The setting is simply perfect and with underwater pool lights and discreet Led lighting enhancing the evening ambiance, the special moment can continue long after the sun has set.

Typically pools in the Caribbean are roughly the same temperature as the outside air. With summers of 30c (86F) the pool water is fine, but with the main season coinciding with the winter months and with typical daytime temperatures of around 24C (75F) many visitors find swimming pools to be too cold and opt for a quick swim as opposed to a relaxing afternoon in the pool. Tropical Hideaway has an environmentally friendly heating system that uses both solar panels and heat absorbing solar pipes and this allows our pool to be enjoyed at all times of the year. Typically our daytime pool temperatures are around 33 deg C in summer and 29 deg C in Winter. That's an amazing 94 deg F falling to a very inviting 84 deg F in winter. The extra 3 degrees C created by our solar heating can make an enormous difference to your enjoyment of the pool.

The majority of the pool is around 1.3m (52") deep rising to a maximum depth of around 2.2m (86"). Curved and generous steps allow easy access to the water and several raised areas provide an abundance of areas to sit, stand, chat or relax. 9 submerged, natural coral seats surround both the Pool Bar and the Gazebo daybed and with the large cedar tile roof overhangs, shade from the sun can be found in the pool at most times of the day.

Please be aware that the pool is unsupervised and use of the pool is entirely at your own risk. The Pool is open 24 hours a day and you can use the Infinity Pool whenever you wish. Please ensure noise levels are kept to a reasonable level especially at night time.

Use of the Pool and surrounding areas are for resident guests only.

The Infinity Pool, Pool Bar and Gazebo



The Pool Bar

There is a swim up, sunken pool bar and galley, complete with fridge, ice-maker, blender and sink, a preparation and serving area with a generous supply of acrylic beverage glasses. Underwater coral seats are conveniently positioned around the submerged bar and this is the perfect place to enjoy a glass of your own personal wine or indulge in your favourite drink or snack. Please use the bar as you wish. Use the fridge, keep your own drinks here, have your favourite bottle of wine in the cooler or your special bottle of spirits in the bar.

- Fridge and Ice maker in the Pool Bar
- We charge local shop prices not hotel prices
- Fine wines, beverages and snacks available from the shop

We now have a licensed shop at Tropical Hideaway selling a wide range of quality beers, wines and spirits. These wines have been chosen by us and offer consistent quality, are excellent value for money and are stored at Tropical Hideaway in a chilled environment. Most importantly our prices are based on local shop prices, allowing you to enjoy the convenience of a hotel, but with prices of a local supermarket. Try a bottle of Martin's very popular 'Homemade Rum Punch'. We always keep a bottle or two made up in the fridge, ready for your immediate enjoyment.



Please visit our shop for our extensive range of spirits, wines and beers and all at local shop prices.

For your enjoyment, safety and convenience we have automated ambient lighting around the Gazebo, Pool Bar and garden areas. Underwater pool lights are controlled by timer switches and go off around 10pm.

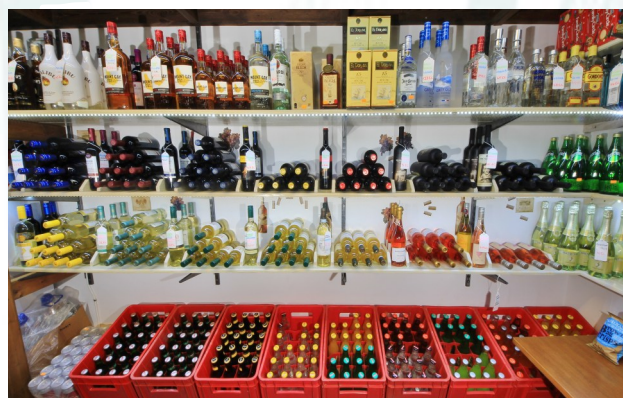
Special care should be taken when using the Pool Bar steps especially if the steps are wet or if you have had a few Rum punches !!!

Do not use 'glass' beverage glasses in or around the pool. There is a quality range of acrylic glasses inside the Pool Bar (*high level glass shelf*). These unbreakable glasses should not be removed from the pool area.

Please ensure the Pool Bar area is left clean and tidy after your use.

Empty beer and soft drink bottles should be placed in the crates provided for return to the local brewery.

Please browse our 'Dining In' options on pages 15 to 17 for more information on food.



The Gazebo and Pool Deck

The Gazebo

Adjoining the Infinity Pool is the Gazebo complete with a very comfortable daybed (large enough to take 6 people) and the views from here are just incredible. This is the ultimate place to wind down, relax and read a book or take in the stunning panoramic views that will simply take your breath away.

Please note the Gazebo is for the enjoyment of everyone. If there are other guests in residence and you leave the Gazebo, please leave the area tidy and do not leave your towels or personal belongings behind.

- The Gazebo daybed. A comfortable bed to relax and reflect on life.
- Jaw dropping views that will literally take your breath away
- Beautiful ambient evening lighting with amazing views 24 hours a day

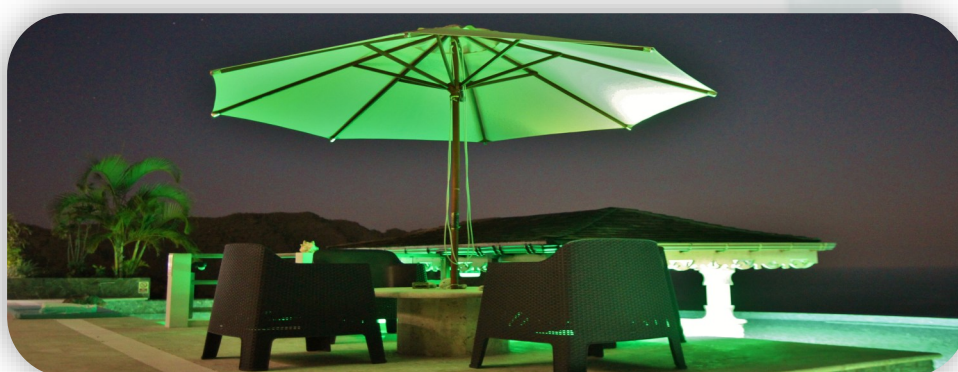
The Pool Deck

The Pool Deck is tiled using natural stone coral tiles and this provides a cool and non slip surface to walk on. Please be careful in wet conditions as even our 'non slip' coral tiles can become a little slippery if they are very wet. Special care should be taken when using the Pool Bar steps, especially if the steps are wet or if you have had a few Rum punches!

Sun loungers, parasols and various chairs provide ample seating and relaxation areas around the pool. There are plenty of sun loungers and parasols available, so please ask us if you require more. Please do not use the parasols in windy conditions.

The Pool and Pool Deck are west facing and receive the sun for most of the day. A cooling breeze is usually present and the Gazebo and large parasols provide areas of shade for the hottest part of the day. You'll be surprised how easy it is to get sunburnt here and even in seemingly cloudy conditions, you can get severely burnt. Take it easy for the first few days, cover up, seek shade in the hottest parts of the day and use sunscreen.

Please do not use the sunscreens called P20 as they can seriously damage our towels, bed linen and furnishings. We do sell a selection of SunBum 'reef safe' sunscreen in the shop. For your own wellbeing we would ask that you observe our pool safety signs. No running and no diving etc. Thank you.



Stargazing at night time can be amazing and you will often see shooting stars and fireflies in the surrounding forest.

The Barbecue Area



Tropical Hideaway Barbecues

Weber gas barbecues are supplied in both the Penthouse Suite and also the Pool house. There are two more barbecues available for general use, one being the large Weber gas grill on the breakfast veranda by the main kitchen. Please ask Martin or Julie and we will show you how it works.

Our large dining table is close by and you are very welcome to use this if you would like to stay on the main veranda. You may want to dine with other guests at Tropical Hideaway or have a pot luck as a group and this is a convenient place which you are welcome to use.



Arrive as strangers and leave as friends



The second barbecue (charcoal) is at the front of the Infinity Pool and can be found on the left hand side as you pass through the stone archway. Here you will find a large charcoal barbecue with complimentary locally produced charcoal. The best way to light the barbecue is to put the charcoal in the grille, light the charcoals with the gas lighter (kept upstairs in the main kitchen area, (ask Martin and please return after use) open a couple of beers and leave the grille for 30 minutes. When you return, it will ready to use and just the right heat.



All our barbecue foods, ribeye steaks, steak-burgers, fish, sausages, bacon etc are available from our shop. Our fish is locally caught, prepared and vacuum packed at Tropical Hideaway and most of our meats are imported from the UK, are free range and of exceptional quality.

As always you are also very welcome to bring your own food to cook on the barbecue.

FIRE RISK

If it is windy and the conditions are dry please do not use the charcoal barbecue.

Tropical Hideaway Food

Breakfast Veranda

Tropical Hideaway's breakfast veranda has probably the best views and some of the finest breakfasts available on Bequia. You now have the option of preparing breakfast in your own room or enjoying one of Tropical Hideaway's lovely breakfasts freshly cooked and served to you on our Breakfast veranda.



Please see your room menu for the full Breakfast and Home Cooked Meal options and prices



Our staff look forward to cooking you breakfast but please note if you have not pre-booked breakfast please let us know the day before and we will do our best to have the correct staff on duty and food available to offer this service.

Please note there is a minimum cover charge of \$20 US (plus tax) per person

Freshly cooked and locally sourced

Home Cooked Ready Meals

Good home cooking allowing you the convenience of enjoying a meal in your room with only the minimal amount of time and effort involved.

A superb range of ready cooked meals all cooked by ourselves and our staff, using healthy, locally sourced ingredients and always flavoured with a Caribbean twist that we know you will enjoy.

Outstanding recipes available fresh on the day of cooking or vacuum packed and frozen with all the freshness sealed in.



- Quiche
- Lasagne
- Cottage Pie
- Chicken Curry
- Teriyaki Chicken
- Steak and Ale Pie
- Fish and Shrimp Pie
- Locally made Roti's
- Coconut Curried Fish
- Our freshly baked amazing bread

Tasty with an authentic Caribbean twist

Available fresh on our cooking day or frozen as a ready meal

Takeaway Food

Takeaway Services

Fancy a meal by the pool, or even in the pool. Maybe you fancy a night in and just don't want to prepare food or go out. Several restaurants offer a takeaway service and we have arranged with our taxi drivers for a collection and delivery service straight to Tropical Hideaway. One of the most popular takeaway services is from Mac's. You can ask Julie for a copy of the menu or go online to see the latest offerings.

How it works

1. Call the restaurant and place your order saying it's a takeaway for Tropical Hideaway.
2. Ask the total price and how long it will take to cook.
3. Tell them the taxi will pick it up in ?? minutes. (your agreed time)
4. Phone one of our local taxis (Gunno or Damaris) and tell them the total price and the collection time.
5. Add 20 - 30 minutes for the delivery time and meet the taxi at the front of T.H.
6. Pay them for the meal and the delivery charge (leave a tip if you wish)

Mac's Pizzeria 458 3474 Allow 30 mins for cooking, 50 mins including delivery.
Gunno Taxi 497 5659 or sometimes Mac's will deliver



Our Pizza favourites

Fresh fish with pineapple, mushroom and onion.

Italian sausage, pineapple, mushroom and onion.

Lobster, if it is in season (1st October to 30th April) and available.

Tip. If there are two of you and you want something different, you can have half and half, i.e. half with fish and half with meat. Just ask, there is no extra charge.

The 9" size will feed 2 people
The 13" will feed 2 hungry people
The 15" will feed 2 starving people

Tip. The large 15" size is only slightly more expensive than the smaller ones and you can save the extra slices for later, or the next day.



Mac's Pizzeria

(Belmont Walkway) Tel 458 3474

World famous Mac's produces a range of Pizza's and other delicious meals. This is probably Bequia's most popular and busiest restaurant and is not to be missed. Kevin and Dracie are the hardworking and successful owners and have extended Mac's with a very nice outdoor dining area with a great ambience. The restaurant offers a friendly and relaxed atmosphere and can be busy during the main season so booking is advisable.



Restaurants

Bequia's most popular restaurants (as voted by our guests)

Not only is Bequia blessed with perfect weather and beautiful white sandy beaches, we are also very fortunate to have several Internationally renowned restaurants and many more we would rate as being excellent and good value for money. There are around 30 restaurants on the island and several small bars also serve food. Entrepreneurial Bequia food vendors often cook barbecue lunches with local provisions, offering exceptional value for money.

Provision (Lower Bay)

Call/Text/WhatsApp +1 (784) 431 0457

Global flavors with a West Indian style. This is one of our guests favourite restaurants and should be on your list of must visit Caribbean dining experiences. Open during the main season only, you should book in advance to ensure you have a table.



Laura's (Belmont Walkway)

Call/Text/WhatsApp +1 (784) 593 8646

The second restaurant on the Belmont walkway with owners Carlos and Laura from Argentina. They serve an excellent range of locally inspired dishes.

Excellent food with lovely views of the harbour. Laura's is popular and can be quite busy during the main season so booking a table is important.



Jack's Bar (Princess Margaret)

Call/Text/WhatsApp +1 (784) 529 4692

Very nice restaurant and bar, located right on the front at Princess Margaret Beach. Serving excellent West Indian / Creole / International food, the service is excellent and the ambiance outstanding. A little pricey, but it is in a prime location and lunchtime meals offer good value for money. Very popular with our guests and in a beautiful setting. Beach loungers are also available.



Popular Restaurants continued

Salt Cafe (Spring)

Call/Text/WhatsApp +1 (784) 455 1894
Jerry who owns Grenadine Salt, recently opened his new restaurant 'Salt Café'.

Set in a beautifully restored 300 year old Sugar Mill, the food is a lovely blend of Caribbean Cuisine with International influences and celebrates the unique flavours of St Vincent and the Grenadines. Each dish is paired with handcrafted sea salts and signature cocktails perfect this intimate courtyard setting. Not to be missed. Main season only. Must pre-book



Bagatelle (Friendship Bay) & the Sandbar

Bagatelle and the Sandbar are part of Bequia Beach Hotel and both are known for their good food, ambiance and location. The Sandbar is a lunchtime and afternoon venue offering quality bar snacks and drinks in a beachfront setting. Our guests always enjoy the experience. Bagatelle is a little pricey but offers good food and service in an idyllic location overlooking the beach and Friendship Bay.



Plantation House (Belmont Walkway)

Call/Text/WhatsApp +1 (784) 534 8677

The recently restored Plantation House is in the perfect spot. Good food, great ambiance and right on a lovely stretch of beach. They have a pizza oven and tables overlooking the sandy beach and Admiralty Bay. Plantation House also has it's own dingy dock



Sugar Hill

(Mount Pleasant) Tel 458 3773

Offering locally inspired cuisine this is one of our favourite restaurants. Popular with locals, well informed tourists and expats alike. They offer well presented, quality food, which is home cooked. Service is friendly and prices are excellent. My favourite is the Curried Goat and the lobster is excellent as well.



Popular Restaurants continued



Cheri's Rooftop Terrace (Port Elizabeth)

Call/Text/WhatsApp +1 (784) 433 9054

An intimate rooftop garden, overlooking the Bay with a one of a kind ambience.

Delightful lunchtime offerings

with an A La Carte menu available on the evening. Excellent food with a locally inspired menu.

Popular with our guests and reasonable prices.



Fernando's (Lower Bay)

Call / Text +1 (784) 430 0478

Fernando has been offering his local cuisine for a very long time now and is a favourite with expats and locals.

Make sure you visit at least once

during your stay and enjoy one his special 3 course set meals.

Quality home cooked food at local prices. Booking is essential.



Figtree (Belmont Walkway)

Call 457 3008

Cheryl (*owner*) is a wonderful 'young at heart' lady who is the pioneer of many Bequia's good causes.

She is passionate about her restaurant and

the local community. This lovely restaurant

is situated on the Belmont Walkway with stunning beach front views overlooking

the bay. Quality local cuisine that takes a little time to cook but worth the wait.



The Liming

(Adam's Bay) Tel 533 0398

Located at Adams Bay, the other side of Bequia airport. A little out of the way but worth the journey.

Situated right on the beach with

the restaurant built over the water. The views are

stunning. The Liming offers A La Carte dining and

whether you are making a lunchtime stop or fine dining in the evening it is worth the 30 minute drive.



Coco's (Ocar by the Marina) Tel 458 3463

Great food, good service, excellent location and lovely views overlooking the bay. What more could you want?

Open all year with live music some nights.

Coco's consistently offers good food year after year.



We're so lucky! Bequia has the most amazing selection of fine restaurants & local authentic Caribbean Bars

Restaurants

Restaurants



Call/Text/WhatsApp 532 5474

Porthole
The first restaurant on the walkway. Great Roti's & lovely Caribbean Creole food

Frangipani
Beachfront with stunning views. Thursday night jump up is must for it's barbecue & steel pans.



458 3255



458 3233

Whaleboner
Enjoy West Indian International food and sit on the whale vertebrae bar stools at the whale jawbone bar. Great views.

Sugar & Spice Café
Offering delightful Smoothies, Pastries, Paninis & more



533 2233



Firefly Tel 532 5134 Well known and popular for it's lovely Sunday lunch. Excellent service and food. It has a mini golf coarse and the Plantation tour is good. Located by Spring Beach.

Point Lounge 494 6578
A family owned restaurant & bar (formerly *L'Auberge*) offering Caribbean inspired dishes with generous portions, fair prices good food and friendly service



Green Boley 430 4158
Authentic Caribbean beach bar serving local food at local prices. Enjoy one of their Rum & Ginger's and chill with de locals.

Gracie's Beach Bar, Lower Bay (formerly Keegans)



Good food at local prices

Call/Text/WhatsApp 434 5339



Petra's and Dawn's have great food



Call/Text/WhatsApp 528 4958

De Reef is popular on Sundays



Baywatch Bar & Restaurant Lower Bay

Call/Text/WhatsApp 454 9609



Tel 530 8123

Cocktails Bar One (the Floating Bar) Great fun, nice drinks

The Bush Bar Call/Text/WhatsApp 433 8124
Ken has slowly built his bush bar over several years and now offers cold drinks and food. Talk to him about what you would like. The walk is 10 mins on a bush track.



Cocktails at the Cocktail Lab Bequia Marina



Fun Places to Visit



Tel 433 8218

Tropical Hideaway Shop

Tropical Hideaway licensed on site shop

Our temperature controlled shop has an excellent choice of quality wines and beverages and an extensive range of everyday produce ranging from tinned goods to quality meats. We have everything from locally caught fish to fresh fruit and vegetables, from rice and pastas to locally grown coffee and an excellent choice of crisps and biscuits and so much more..... **and remember our prices are supermarket based so you'll always pay local prices.**

Food and Beverages

Food and Beverages



FRESH PRODUCE

Fresh local eggs. Fresh local fruit, Limes, Mangoes and Bananas. Salad & vegetables, Tomatoes, Cucumber, Lettuce, Potatoes, Onions, Carrots, Garlic, Basil, Rosemary, Mint

EVERYDAY PRODUCE

Muesli, Oats & Granola
Twining Teas & locally grown Premium Coffee
Biscuits, Crackers & Cheese
Crisps, Chips & snacks
Vincentian chocolate
Nuts, Seeds & dried Fruit
Olives, Onions & Pickles Pine-apple chunks, Coconut Milk, Cream & Cheeses.
Pasta, Rice, Beans & Pulses
Herbs, Spices, Vinegar, Dips, Sauces & Olive Oil
Margarine & Butter
Tinned Tuna, Mackerel, Sardines, Salmon & Mussels
Tinned Tomatoes, Beans, Mushrooms & Meat
Clingfilm, Aluminium Foil & Washing Powder

and LOTS MORE



We bake our own fresh bread using stoneground organic flour infused with a variety of seeds



We charge LOCAL SHOP PRICES not Hotel prices



WINES and BEVERAGES

Quality chilled Wines
Rose and Red Wines
White and Sparkling Wines
Local Rums & Beers
Premium Spirits
Champagne & Prosecco
Martin's 'Famous' Rum Punch
Soft drinks & Mixers
Milk, Soya & Almond milk
Orange and Pineapple juice
Fresh Coconut Water

FROM THE FREEZER

Homecooked Meals
Locally made Rotis
Mixed Vegetables
Home baked Multigrain Bread, Burger Buns
BARBECUE MEATS
Sausages, Burgers, Ribs, Steak, Lamb, Pork, Chicken Breasts, Wings and Legs, Bacon & Mince

LOCALLY CAUGHT FISH

Tuna and Mahi Mahi

Food Stores

Bequia doesn't have any large supermarkets or vast shopping malls, but we do have several well stocked stores and even a small mall. Exploring Front and Back Street, the boutiques, the grocery stores, the fruit and vegetable vendors is intriguing and fun and should not be missed.



Doris's Doris has a huge array of quality items and is a good place to shop. Say you are from T.H. for



Bayshore Mall
Front Street. Lina's bread, Frisko ice cream & more shops upstairs.



Knights Trading The main supermarket in town. Well priced and well stocked. Situated on Back Street close to the Bank and Pharmacy.



Daka Enterprise Situated on Front Street close to the gas station. Small supermarket with lots of items.

Drew Enterprises
On front street with a large selection of food items and beverages. They also sell ice.



Maranne's Ice cream
Sunseekers Boutique

Maranne's Ice cream Scrumptious
Sunseekers Boutique Beautiful clothes



Asher Fruit and Veg & Darkie's
Next to each other on Front street. We use them both and Asher will usually give you a small discount or a present if you say you are from T.H. Both have a good selection at fair prices.



There are some nice gift shops and boutiques and here are some suggestions

Solana's Boutique. Front Street. Offering a wide range of clothing and souvenir's at reasonable prices.

Threadworks. Back Street. Hand made and ethically produced in Bequia. Quality garments with modern designs

Garden Boutique. Opposite Anglican Church. High end quality products showcasing local designers and artisans.

Fay. Princess Margaret Beach. A long time friend of ours offering authentic souvenirs, Tee shirts and cold beers.

Tropical Hideaway Woodland Nature Walk

Walk to the most amazing beach in 15 - 20 minutes



Brand new is our beautiful woodland walk meandering downhill through mature forest to the main road below. There is a seating and rest area half way down. It was a huge undertaking and took nearly 2 years to build. This lovely stone path and stairway allows you to be down on the main road in around

5 minutes, to the beach in 15 - 20 and to a lovely restaurant and bar in a few minutes more. Please note the path has numerous stone steps and is steep in places.

Belmont Walkway and Beach Trail

3 miles of natural beauty and smiling faces



Stunning beachfront walk not to be missed



Restored in 2017 and maintained ever since by Action Bequia, this stunning beachfront walkway is now a major attraction on Bequia for visitors and locals alike. The trail has been extended over the headland to Princess Margaret Beach and people can now walk close to the shore, all the way from Fort Hamilton to Lower Bay and beyond. Over 3 miles of heritage, natural beauty and smiling faces.



Beaches and Walks

The photograph below was taken from Peggy's Rock and shows the three main beaches in Admiralty Bay. Lower Bay at the bottom leading onto Princess Margaret with Belmont Beach at the top. The 3 beaches are separated by headlands that are good for snorkelling. Peggy's Rock is a moderate walk taking around 2 hours and starts at La Pompe.



Peggy's Rock



Friendship Bay A beautiful white sand beach bordered by the Bequia Beach Hotel. A nice 30 min downhill walk from T.H. and a good lunchtime stop.



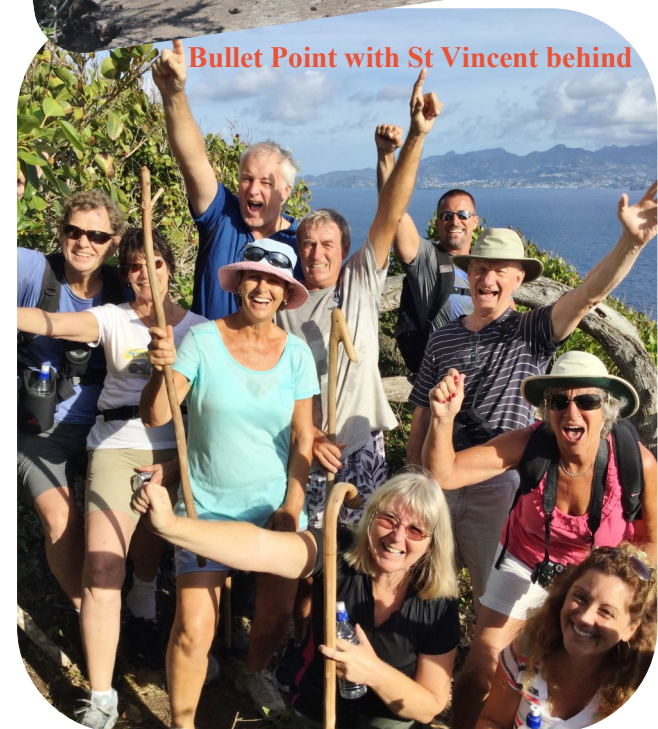
Crescent Beach A lovely beach with Sugar Reef restaurant (now closed). The beach can get covered in Sargassum seaweed



Bullet Point. Starts from the quarry at Park Bay and is one of our favourite walks. Not too steep, shaded by trees and with a nice view of St Vincent at the end. Allow 90 minutes for the walk.



Hope Beach Walk to this beach and you will probably be the only ones there. The wind and waves can be good for body and surf boarding.



Bullet Point with St Vincent behind

We may be able to go with you, so if you'd like some company please ask us.



Ravine Bay Rugged, beautiful and seldom visited. The Bay is on the windward side and has it's own blowhole. Waves can be large.

Beaches

Bequia is blessed with several pristine and stunning beaches. Princess Margaret is the closest, a short 20 min downhill walk using our nature trail or 5 mins by car. The waters are warm and safe and the beaches are unspoilt and usually quiet.

Beaches

Beaches



Princess Margaret Beach



Princess Margaret Beach Pristine and unspoilt.

Jack's Bar Princess Margaret Beach and Jack's Bar. Sun loungers and parasols are available

Fay Have a chat with lovely Fay and visit her interesting stall. She has beachwear, sun loungers & cold drinks in her cooler box.



Princess Margaret Beach



De Reef Lower Bay Good food, local prices. Popular on weekends.



Lower Bay Beach



The beach outside the Plantation House and the start of Princess Margaret Trail

Lower Bay A stunning beach with several beach bars and restaurants close by. The place to be on the weekend and popular with locals and visitors alike.

Restaurants and Bars include Provision, Fernando's Baywatch, Gracie's, De Reef, Petra's, and Dawn's

Beaches, Snorkelling and Diving

Friendship Bay

A beautiful beach on the Windward side of the Island. The seas may be a little rougher here so choose a calm day if you would like to swim in the ocean. Bequia Beach Hotel and the Sandbar are nearby



Bequia Beach Hotel and the Sand Bar are both on Friendship Bay



Diving and Snorkelling Having 2 dive shops and around 24 dive sites, Bequia is a divers paradise. Our diverse marine environment includes relaxing reefs, wall dives, drift dives and even a few wrecks. You can still dive and snorkel away from the crowds in crystal clear waters with reefs that are still very good. Our abundant and diverse sea life ranges from 100's of species of Tropical Fish to Octopus, from Sea Turtles to Sea Horses to name but a few.

Bequia has it all and will satisfy beginners trying out snorkelling for the first time, scuba divers who wish to take a Padi course and experienced divers wishing to go on an exhilarating dive. Both headlands at Princess Margaret Beach can be good and you can snorkel all the way round to the next beach.



Common Octopus exploring the reef at Devil's Table



Discover Scuba Looking for an adventure? Try Discover Scuba. Enjoy a shallow reef dive with one of our fantastic instructors. You'll get to see Octopus, Trumpet Fish, Lobster and maybe a Sea Horse as well as a multitude of reef fish, corals and sponges. Over 500 people try Dive Bequia Discover Scuba each year.



Dive Bequia. Contact Cathy (owner/manager) for the latest diving and snorkelling offers.

Most of our guests use Dive Bequia, but you can also try Dive Adventures a little further along the boardwalk and also very good..



Sailing Yacht Charters

Tobago Cays. Number 1 on everyone's list. Five uninhabited Cays, crystal clear waters, abundant tropical fish, beautiful rays and amazing green turtles that you can snorkel with just a few feet away. In season the sailing vessels below offer weekly day charters to both the Tobago Cays and Mustique. You can also choose one of the power boat options opposite either as a private or a group charter and these will be much quicker albeit more expensive.

The Tobago Cays Marine Park

Tips for the Cays. Choose a calm day. It's no fun snorkelling in 2' waves. If you're an experienced snorkeler, ask the boat to drop you by the reef edge and you can drift snorkel back towards the boat. Pass stunning coral formations and amazing schools of tropical fish.



The Friendship Rose

Tel 495 0886 or 457 3888

A favourite with our guests, with fun trips to Tobago Cays and Mustique. This beautiful 100' schooner was built in Bequia in 1967 and used to be the original mail boat.



Octopus Tel 432 5201

Excellent trips to the Tobago Cays and Mustique on this fast and elegant 63' Yacht.



Happy Tours Tel 529 5999
New for Bequia. Details below

Gusto Tel 433 1371

Speak to Heidi about their exciting day trips aboard their 54' trimaran. Gusto has trips to the Tobago Cays, Mustique and other close by islands.



Happy Tours

DISCOVER · EXPLORE · ENJOY

FROM
\$160 USD
PER PERSON

WHAT'S ON BOARD

- SODAS & WATER
- LIGHT SNACKS
- BEER & RUM PUNCH
SERVED AFTER SNORKELING

ABOARD
HAPPY CAT CATAMARAN

SCHEDULE
SUNDAYS & THURSDAYS
SUBJECT TO CHANGE

8:00 AM DEPARTS BEQUIA
10:30 AM ARRIVES TOBAGO CAYS
12:30 PM LUNCH IN SALT WHISTLE BAY, MAYREAU



Power Boat Charters

Chartering a speed boat for a day is an excellent way to explore the islands. Prices can vary from a few hundred USD each to \$1600 US or more for a private charter.

You can be in Tobago Cays in a few hours giving you plenty of time to swim with the turtles, snorkel and enjoy a lunchtime stop. You may also have time to visit the beautiful beach at Salt Whistle Bay, Mayreau and this should definitely be on your bucket list.

On the way back try some fishing and enjoy a barbecue when you arrive back at T.H.

Tip Try to choose a calm day as snorkelling can be difficult and the Tobago Cays journey a little bumpy in rough weather

You can also visit Mustique for the day and see some of the island life or you can explore two islands Petit Nevis and Isle a Quatre and enjoy a mix of fishing, snorkelling and exploring. This is an easy day trip which you can tailor around your own preferences.



Prices quoted are usually in USD. Payment should be made direct to the owner in US or EC dollar cash. Most trips include snorkelling gear & drinks.



Mako Tel 531 0754 Wayne an experienced Captain charges very competitive prices for this smaller boat. He often takes our guests to Mustique, nearby islands or fishing.

Clara Tours Tel 529 1121 Deon the owner gives you the authentic island experience with snorkeling adventures that will not disappoint. Popular with our guests.



Tip. You can easily get sunburnt and dehydrated on a boat trip. Drink plenty of water, use sunscreen, wear hats and cover up.



Michael Tours Tel 533 6915 A great boat with good prices and an excellent captain. Mention T.H for the best price.

High Rider Tel 532 4088 (Steve) Experience the ultimate 40' boat charter. Explore pristine waters, stunning islands, & create memories that will last a lifetime.

Exploring the islands by Fast Ferry



Jaden Sun Fast Ferry

Tel 451 2192. A fast inter-island ferry service connecting Bequia with St Vincent, Canouan, Mayreau and Union. On Fridays you can take the ferry to Mayreau (departs Bequia 9.30am) and have over 4 hours to explore this laidback and beautiful island. Hike over the hill for a leisurely swim in the stunning Saltwhistle Bay, visit the church, the viewpoints on the way and have lunch in one of the colourful restaurants. A lovely day on an amazing island. The ferry departs Mayreau at 3.45pm arriving Bequia 5.30pm. Cost \$240ec (\$90 US) return. Pay as you enter. Check the schedule and go on a calm day. jadensunferry.com

Bequia Island Tours, Guided Walks and Taxis

We've covered the walks and the beaches, the boat trips and the Grenadine Island excursions, but there are still a few Bequia island hot spots that should not be missed.

Fort Hamilton was built by the British in the late 1700s to protect Admiralty Bay from American privateers and French raiders. It takes around 1 hr to walk from Tropical Hideaway to the Fort.



See page 25 for self guided walks



Trail Blazing Adventures

Entrepreneurial Joelia now offers some 'Trailblazing' adventures around Bequia. From Sunrise walks to hidden trails, from Beach Bonfires to guided trips to St Vincent, we welcome Bequia's certified guide. Tel 430 7759



Brent the Bushman

For hiking and bird watching adventures, from 1 hour to a full day Brent is full of fascinating information about the nature and history of the island. He will happily take you on adventurous and lesser known walks and trails around Bequia. Tel 495 2524

Bequia Heritage Museum

See a 36' Amerindian canoe, 2 Bequia built whaleboats, an 8' whaleboat tender and numerous artefacts, photos, models and equipment. A fascinating story. Tel 532 9554



Gunno and Damaris both offer island tours and these can include any or all of the above attractions. There is a lot to see on Bequia and an island tour takes around 3 hours. Costs are \$40 US per hour for up to 4 people. Taxis are well priced with fares to or from T.H to town, the beach or Lower Bay being around \$35 EC (\$13 US). After dark prices are a little more.



St Vincent Taxi

Call or WhatsApp 1 (784) 530 7171 Use Rodmon our reliable taxi driver for transfers and tours in St Vincent

Also Visit

Model Boats
Firefly Plantation & it's mini golf
Grenadine Salt
The Art Gallery at Encore

Gunno Taxi Tel 497 5659 Gunno has his smart new taxi and has been working for T.H for over 12 years

Damaris Tel 491 6165 Our lovely smiling 'Princess' has her large taxi van with easy access. Both are friendly and reliable

Gideon's They have several taxi's and offer an excellent service. Call 458 3760 or 432 3848 for Jenson.

In your room you will find a copy of the Windward Islands book. Although written primarily for sailors this book contains a wealth of information you will find invaluable for any trips. *(Please do not remove it from your room).*

Exploring St Vincent and the Grenadine Islands

St Vincent (mainland) If you're reasonably fit and would like to explore a truly undiscovered island then a trip to the wild and rugged St Vincent is an adventure not to be missed. An inexpensive 40 minute ferry trip (\$60 EC return), with several daily connections makes St Vincent easily accessible. Trips range from adventurous hiking to a relaxed day spent exploring the Botanical Gardens. There are trips to suit all fitness levels and interests and you can choose to organise everything yourselves or have a guided tour.

Call Rodmon our Vincentian taxi / tour guide who can organise something suitable. Tel 530 7171



La Soufrière Volcano

Use a guide for the all day hike up this active volcano. The Windward trail is the easiest. Stunning crater views



The Botanical Gardens

Created in 1765 and covering 20 acres, the gardens are the Caribbean's oldest and are famous for 'Captain Bligh's Breadfruit tree'. A lovely day out



Dark View Falls

Two spectacular waterfalls cascade down into natural pools. It's an easy hike to the falls through rainforest



Soufriere Volcano last erupted 2021



Vermont Nature Trail

This well maintained 2 mile trail winds through 10,870 acres of forest with a chance of seeing the St Vincent Parrot.



Dark View Falls

The Islands Each island is very different and if you have time to explore a nearby island it is highly recommended. See pages 28 - 29 for boat options



An exciting power boat trip down to Mayreau and the colourful beachwear items for sale



Macaroni Beach, Mustique

Mustique A great day out and only a few hours away



Salt Whistle Bay, Mayreau



Basil's Bar, Mustique

Useful Telephone Numbers

Tropical Hideaway Julie & Martin Office 458 3676 Cell/Text/WhatsApp +1 (784) 532 1690

Restaurants.

Bagatelle (Bequia Beach Hotel)	Friendship Bay	458 1600	<i>can get busy in season</i>
Bar One	A Floating Bar	530 8123	<i>cocktails & drinks at sea</i>
Baywatch	Lower Bay	454 9609	
Bush Bar (TreeHouse)	Union Vale	433 8124	
Cheri's Rooftop Terrace	By Cemetery	433 9054	<i>booking advised</i>
Coco's	O'Car	458 3463	<i>can get busy in season</i>
Cocktail Lab	Bequia Marina	532 5474	
Dawn's Cafe	Lower Bay	492 6508	
De Reef	Lower Bay	528 4958	
Fernando's Hideaway	Lower Bay	491 5416	<i>a table must be booked</i>
Fig Tree (Cheryl Johnson)	Belmont board walk	457 3008	
Firefly	Spring	532 5134	<i>a table should be booked</i>
Frangipani	Belmont board walk	458 3255	
Gracie's (formerly Keegans)	Belmont board walk	434 5339	
Green Boley	Belmont board walk	430 4158	
Jacks Bar	Princess Margaret Beach	529 4692	<i>can get busy in season</i>
Laura's	Belmont Walkway	593 8646	<i>a table should be booked</i>
Mac's Pizzeria	Belmont Walkway	458 3474	<i>can get busy in season</i>
Maria's Café	Front Street	458 3116	
Petra's	Lower Bay	536 4486	
Pizza Hut	Front Street	430 5776	
Plantation Hotel	End of Belmont Walkway	534 8677	
Point Lounge	Hamilton	494 6578	<i>booking advised</i>
Provision	Lower Bay	431 0457	<i>a table must be booked</i>
Salt Café	Spring	455 1894	<i>a table must be booked</i>
Sand Bar	Friendship Bay	534 8020	
Sugar & Spice Café	Belmont board walk	533 2233	
Sugar Hill	Mount Pleasant	458 3773	<i>a table should be booked</i>
Tantie Pearl's	Cemetery Hill	457 3160	
The Liming	Adams Bay	533 0398	<i>a table should be booked</i>
The Porthole	Belmont Walkway	532 5474	
Whaleboner	Belmont Walkway	458 3233	

Food Stores

Doris's	Back Street	528 8568
Knights Trading	Back Street	458 3379

Diving and Snorkelling

Dive Adventure (Ron)	Belmont Walkway	458 3826	bequiadiveadventures.com
Dive Bequia (Cathy)	Belmont Walkway	495 9929	divebequia.com

Ferries, Airlines, Tourist Office, Customs and Immigration

Bequia Express	Port Elizabeth	457 3539	bequiaexpress.com
Bequia Fast Ferry	Back Street	493 3278	bequiafastferries.com
Jaden Sun (fast ferry)	St Vincent	451 2192	jadensunferry.com
SVG Air	Reservations	457 5124	flysvgair.com
SVG Air	WhatsApp	532 9179	
SVG Air	Bequia Airport	458 3713	flysvgair.com
Tourism Office	Ferry Dock	458 3286	bequiatourism.com
Customs and Immigration	Front Street	457 2711	ask for Bequia

Useful Telephone Numbers

Taxis

Damo Taxi	(Damaris)	491 6165	
Gunno Taxi	(Gunno)	497 5659	
Gideon Taxi's	(Bronte)	458 3760 and Jenson 432 3848	
St Vincent Taxi	(Rodmon)	530 7171	Taxi & guide for St Vincent only

Sailing Yachts

Friendship Rose		457 3888 495 0886	friendshiprose.com
Gusto	(Marty and Heidi)	433 1371	gustobequia.com
Happy Tours		529 5999	happytourssvg.com
Octopus	(Clair)	432 5201	

Power Boats

Clara Tours	(Deon or Bruce)	529 1121	
High Rider Boat Charter	(Steve)	532 4088	highridercharters.com
Mako	(Wayne)	531 0754	
Michael Tours		533 6915 497 6448	michaeltoursbequia.weebly.com

Places of Interest

Action Bequia			actionbequia.org
Bequia Heritage Museum		532 9554	St Hillary, Friendship
Firefly Mini Golf & Planation Tour		532 5134	bequiagolfclub.com
Grenadine Wild Sea Salt		455 1894	grenadineseasalt.com
Mauvin's Model Boats		458 3669	
Sargent Brothers Model Boats		529 2421	

Massage

Plantation House Spa		534 8677	Belmont board walk
Serenity Spa (Dorcel)		433 4005	Belmont
Sunny Spa (Dani)		529 1607	Jack's, Princess Margaret Beach

Health etc

Doctor Lugo (Private Clinic)		528 1955	See Page 34 for further details
Pharmacy		458 3373	See Page 34 for opening hours
Vet (Doctor Saskia Gooding)		434 0326	O'car
Yoga (Patricia)		455 4565	

Tropical Hideaway

Landline 458 3676
Cell 532 1690

Emergency

Call 999

Bequia Hospital	458 3294
Bequia Clinic	457 3328
Doctor (Private)	528 1955
Police Station	458 3350
Fire Service	458 3531
Coast Guard	457 4578

Bequia Hospital



Your Safety, Security and Wellbeing

The Sun and using Sunscreen

Burns you in a couple of hours, even in cloudy conditions if you are unprotected. Cover up, seek shade in the hottest parts of the day and use sunscreen. Take extra precautions if you take a day trip on a boat as the breeze will trick you into thinking it is cool. By the time you realise you are burnt, the damage has already been done.

Please be careful with sunscreens, as applying them to your skin and immediately handling glasses, sitting down on furnishings, chairs or beds etc will result in those items being damaged. It is impossible to remove those stains. Please use a towel before sitting on our sun loungers, furnishings, bed linen etc. Even handling the glasses in the Pool Bar with sunscreen on your hands will result in us having to throw away those glasses due to the stains.

Children

We are an adults only Hotel and only accept young children at Tropical Hideaway if they are part of a group booking with exclusivity and no other guests are on site. Please be advised there are areas at Tropical Hideaway that may be unsuitable for young children. The Infinity Pool is unguarded and open from the pool patio area, there are stone steps and spiky plants and there are areas that may have steep drops behind such as the Gazebo day bed. All these areas are unsupervised by us. Young children must be supervised at all times and we accept no responsibility for any injuries or accidents that may occur to a child.

Car Park

We have onsite parking for several cars. Always close the windows to keep the vehicle dry. Make sure your lights are off, the doors are closed properly and the interior light is off.

Bequia Hospital 458 3294

Bequia's newly rebuilt hospital is a huge improvement for locals and visitors alike. We now have a decent small hospital with upgraded facilities, a capacity for 16 beds and enhanced amenities for a range of services.

Pharmacy 458 3373

We have an excellent pharmacy in town (just before the hospital and opposite the bank) and it is very well stocked. If you know what you need, you can talk to the pharmacist and she may prescribe the appropriate medication. She is usually on duty every day until 7pm excluding lunchtime. Closed Saturday but open Saturday evening (7-8pm). Open Sunday mornings (9-12am). Check first before you go down.

Private Clinic 528 1955 (Port Elizabeth on the Spring road before the Sunshine School)

Dr Lugo is Bequia's excellent Doctor and we are very lucky to have her. She has a private clinic weekdays from around 2 - 6.30pm and Saturdays 9am - 1pm

Other dangers to be aware of

Manchineel tree.

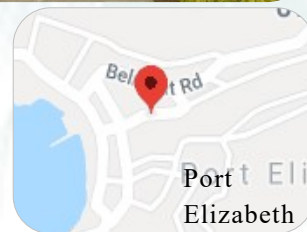
A poisonous tree that usually grows in the beach areas. Never eat or touch the apple like fruit or shelter under the tree when it rains.

Brazilian Peppertree.

A spiky bush or small tree that grows wild in the bush. The leaves secrete a milky fluid and if you get this on your skin it will burn, itch and blister.



Bequia Hospital



The Hospital and Pharmacy are situated next door to each other and opposite the bank.



Your Safety, Security and Wellbeing

The Infinity Pool

Please feel free to use the Infinity Pool whenever you wish and at any time of the day or night. The Infinity Pool is unsupervised and use of the pool is entirely at your own risk. The majority of the pool is around 1.3m (52") deep rising to a maximum depth of around 2.2m (86"). The Pool deck is tiled using natural coral tiles and this provides a cool and relatively non slip surface. Please be careful in wet conditions as even our 'non slip' tiles can become slippery if they are very wet. Special care should be taken when using the Pool Bar steps especially if the steps are wet or if you have had a few Rum Punches !!! For your safety and convenience we have automated ambient lighting around the Gazebo and Pool Bar area and in the pool itself. Please be aware that guests may be in the Pool House and we would ask that noise levels are kept to a reasonable level, especially at night time.

Lighting

Our Cottages, Suites and Studios are inter-connected using natural stone pathways bordered by lush tropical gardens. Pathways and gardens are lit with the latest Led lighting, controlled automatically by light sensor or timer switches. These lights provide an ambient light that is both functional and pleasing to the eye, but please be careful on any paths and steps as there may be areas which are dark and unlit. An Led torch is provided on your house keyring. Please use this torch and use handrails where available.



Woodland Walk

Our woodland walk connects Tropical Hideaway to the main road below in around 5 minutes and allows access to the stunning Princess Margaret Beach in around 15 minutes. The walk takes you through mature natural forest and has a seating area halfway down. The pathway consists of around 250 stone steps so please take care when using the walkway. Please do not use the walkway after dark or in heavy rain conditions as the pathway may become slippery.

Security

Bequia is one of the safest, most friendly, laid back and genuine islands in the Caribbean. Explore the backstreets, chat with the locals and visit the most local of bars. We have lived on Bequia since 1996 and both we and our guests have never experienced any thefts or robberies. We can all help to keep the islands crime free by removing temptation and we would always ask that you lock your doors when you are away and whilst you are sleeping. Security of your personal items, your accommodation and its contents are your responsibility and if you leave your room unlocked and go out for the evening, you are responsible for any items that go missing from your room. As in all areas around the world don't invite crime. Do not leave valuables in a car and don't take valuables to the beach. Fay on Princess Margaret Beach is a totally trustworthy and lovely lady who sells a few tee shirts, trinkets and cold drinks. She will always look after you and your belongings and she rents out sunbeds as well.

Our elevated position, the layout of Tropical Hideaway, the fact that we live on site and can offer emergency assistance 24 hours a day, allows us to provide a very safe and secure environment at Tropical Hideaway. Whether you are travelling alone or as a small group, rest assured your safety, happiness and wellbeing are of the utmost importance to us.

Our Environment, the Past and the Present.....

The Past

I've always been an environmentalist. Even when I was 10 years old I loved and cared for the environment and was passionate about nature and Planet Earth.

It's hard to believe looking back, but by the age of 10, I was fundraising and donating money to the WWF (World Wide Fund for Nature). At 13, I was growing vegetables in the back garden and by our mid 20's Julie and I were married and living in the remote Black Mountains of Wales on a small 100 acre hill farm. It was a natural paradise. Ancient woodlands, wild flower hay meadows and streams meandering through the hills. The natural world was everywhere. This is where I learnt my respect and love for life.

10 years later we were trekking through the jungles of Papua New Guinea, exploring isolated islands patrolled by thousand's of sharks and climbing the highest mountains in Borneo. We lived with one of the last truly nomadic tribes in Borneo and filmed and documented their demise as the tropical rainforests were cut down and their way of life and the wildlife was destroyed.

10 years later we were sailing around the World in a 45' sailboat with our 3 young daughters and seeing the 'bigger picture' of life..... **From tears of joy to tears of absolute fear, we experienced it all.**

The Present

Our life is totally different now, but we still live in a pristine part of the World on a beautiful island, working hard as we have always done. Living on a small Caribbean island is a microcosm of life and we try to be as environmentally responsible as we can be. The items listed below may seem insignificant, but we do whatever we can to practice sustainable policies, to support local projects and be as 'Green' as we can be.

Energy.

We use the latest low energy LED light bulbs, light sensors and timers that automatically turn lights off when not required. Our appliances are rated as high as possible for the most efficient power consumption.

Solar Panels

We have used Solar panels for our hot water and to heat the Infinity Pool for many years now. 2018 saw our first installation of solar panels using the latest technology battery storage that power our pool pumps, the air conditioner in the shop and some of the outdoor ambient lighting that make Tropical Hideaway so beautiful at night. This technology has proven to be extremely beneficial and we plan to install more.

Recycling

One of the advantages of living in Bequia is that we are 30 years behind the rest of the world. We still drink our beers and soft drinks from glass bottles that are returned to the brewery for re-use. The return deposit on the bottle guarantees almost zero waste and this is about as environmentally friendly as you can get. We actively encourage this philosophy and always support sustainable businesses and try to avoid single use drink containers wherever possible. The aluminium cans and plastic bottles that Bequia does use can now be recycled, thanks to the hard work and facilities that Action Bequia have put in place.

We are proud to support this initiative and make donations to Action Bequia on an annual basis. Visit www.actionbequia.org for the latest updates.

Toiletries and Laundry

We use the very best, cruelty free, organic soaps and shampoos in our bathrooms with environmentally friendly hand washes and washing liquids in our kitchens. Our laundry uses the 'Ecover' range of products and softeners that are safe for the environment and not tested on animals.

Water

We collect, filter and store all our water at Tropical Hideaway and have storage for around 150,000 gallons. The 'SKY WATER' we collect is some of the purest on Earth, having evaporated off the vast Atlantic Ocean into clouds that conveniently produce rain over the Caribbean Islands. We also collect and filter the water from all our concrete area's, including the road in front of the us. We use this filtered water for the toilet systems, the laundry room and for watering our tropical gardens during the dry season.

Swimming Pool. Our pool uses the latest purification systems, creating an almost chemically free environment. You can spend all day in the pool with no harsh chemicals affecting your hair and your skin.

Our Environment, the Present and Future

Gardens, Composting and Charcoal.

We have garden composters for our kitchen waste and this natural fertiliser is used on our vegetable gardens. We grow a wide range of fruit and vegetables ranging from bananas, papayas and limes to tomatoes, lettuce and herbs. Guests are welcome to pick any bananas, papaya, oranges and limes from the gardens. The charcoal for our barbecue is locally sourced and is harvested on a sustainable basis.

Forestry, Birds, and Wildlife.

Much of our land is natural forest and the land we have developed has mature tropical gardens supporting a wide range of birds and small animals from Humming birds and land Tortoises to Iguanas and the local Manicou. We have humming bird feeders on every veranda and support a local population of several bird species running into the hundreds. You often find the simplest things in life are the best and watching Humming birds and Bananaquits drinking from the feeders on your own private veranda is an absolute delight.

Tropical Hideaway Woodland Walk



We have a lovely woodland walk consisting of a short section on a steep concrete private road, followed by 226 stone steps with a seating area midway. This walk enables you to be on the main road below in around 5 mins and on the most beautiful beach in 15 - 20 minutes. It also provides an insight into the flora and fauna of Bequia and for a lot of people a welcome bit of exercise to counter the excesses of holiday life



We do grow some of our produce at T.H from Banana's to Papayas, from several herbs and our lovely Basil, tasty Arula and other lettuces. We also grow most of our plants ourselves.



Supporting Local Businesses

We actively support and encourage local businesses wherever possible and source our products from them. Our coffee is grown in St Vincent and is harvested, roasted and delivered to us 7 days after placing the order. The aroma of freshly roasted coffee in our shop is wonderful.

There are now several cocoa plantations on St Vincent and we have two local entrepreneurial businesses producing the most amazing chocolate allowing us to offer a wide range of artisan chocolate in our shop. We have locally produced sauces, marinades, herbs and spices and most of the fruits and vegetables are grown on St Vincent. Our fruit and vegetables may not be the perfect shape but 'WOW' they do taste good. Our fish is locally caught and we travel to St Vincent to buy the freshest available. We fillet the fish, vacuum pack and seal it ourselves and in the freezer it goes. From Ocean to shop freezer in just a few hours. We import most of our meat products from the UK and these are sourced from free range animals which have the freedom to roam outdoors allowing the best quality of life possible. These meats offers the very best quality, are a little more expensive but for us the extra expense is worth it knowing that the animal has had the best living conditions possible.

Local Wildlife, Mosquitos and Bugs

Mosquitos, Flies, Spiders and other bugs.

We are very fortunate that we have few mosquitos and no sandflies at Tropical Hideaway.

I simply don't like mosquitos and for some reason they always seem to bite me. My wife jokes 'its the blood alcohol level' but until scientifically proven I try to ignore that theory.

Having lived in several Caribbean homes where the dream is to have everything open plan and open to the elements, we soon decided that sitting on the sofa in the evening with a bug spray in one hand and a mosquito bat in the other was not to our liking.

We designed Tropical Hideaway with the option of being able to have entire rooms 100% mosquito free. All our windows and doors are fully screened and the large patio doors have sliding insect screens. This allows you to enjoy the ambiance of outdoor living and to experience the cooling Caribbean trade winds, without ever getting bitten. It was a complicated and costly option, but here we are living the dream with literally never a mosquito bite.

It is so much nicer to sleep in an environment where the entire space is mosquito free as opposed to having to sleep under a mosquito net which simply keeps the heat in and creates an oven like effect. The other advantage of being fully screened is that not only does it keep the mosquitos out, it also keeps out the flies and the moths, the spiders and the lizards, and a whole multitude of other bugs and flying creatures with names I simply do not know.

Mosquito's can only enter your room through the doors that you open and close. If you keep your screens closed you will have zero mosquito's in your room. If you leave them open, (and guests often do) you won't get a lot of mosquitos but you may have a couple that find their way into your room. Rooms are always sprayed before your arrival and you can relax in the knowledge that your accommodation is completely bug free when you first arrive.

For your convenience, we provide a complimentary bug spray and a mosquito repellent for your personal use.

- Fully screened doors and windows
- No bugs, mosquitoes etc in your room
- All rooms sprayed before your arrival
- Complimentary insect repellent and bug spray supplied in your room

Sandflies

We do not get sandflies at Tropical Hideaway, but the beach and any restaurants or bars by the beach may get sandflies in the evening. Sandfly bites are different to mosquito bites as they last for several days and the itching and urge to scratch can be intense. If you do get bitten, try not to scratch the bites as this will increase the risk of infection. The local pharmacy sells a very good, inexpensive Hydrogen Peroxide antiseptic liquid. and we recommend using this on any open bites. We usually keep a couple of containers in our shop.

Sandflies are also known as 'No See Ums' (without stating the obvious, you never see them bite)

Snakes, Spiders and Insects

There are no poisonous creatures on Bequia. Very occasionally you may see a small snake. They are completely harmless, quite timid and are usually found in the trees. We also have some quite large 'Tarantula look alike' spiders known locally as closet or donkey spiders. These are quite rare and it would very unlikely for you to see one. I haven't picked one up yet, but I am assured by everyone that they are completely harmless and very beneficial to the environment. We also have non lethal scorpions and centipedes, but these are very rare.

Our Staff, You and Us

Tipping our Staff

We have 4 members of staff, Ann-Marie, Zeann and Lisa, who prepare, clean and look after your rooms. They also cook any breakfasts and our lovely home cooked meals.

We then have Marlon (14 years service) who takes care of our beautiful gardens and will help carry your bags to your room when you first arrive.

Most of the island's hotels, restaurants and villas charge an additional & mandatory 10% service charge which is added automatically to your accommodation and food bill. We disagree with this philosophy and feel that a service charge or 'tip' should be a voluntary payment, based on your experience of the hotel and not a mandatory charge paid whether the accommodation and service is good or bad. If you feel the rooms, pool area and gardens are well looked after, have found our staff friendly and helpful and you have enjoyed your stay at Tropical Hideaway, it would be lovely if you could leave a tip for our staff.

We would suggest around \$120 US (\$320ec) for a weeks stay (maybe a little more for longer).

That's around \$30 US for each staff member (less than a week please adjust accordingly).

This is a suggestion only as many of our guests used to ask how much should they leave?

*You can of course leave more and you can also leave less. **It is entirely up to you.***

Please place any gratuities in the envelope and hand it to Julie or Martin and we will divide and pass all of the gratuity over to them. We give our staff your tips two or three times a year. In August when we are a little quiet and our staff are working shorter hours, just before Christmas, enabling them to buy presents for their friends and family and in cases of emergency when something unforeseen happens to a member of staff or their family.

Please note 100% of all tips are passed over to our staff.

It really boosts their moral and makes them feel appreciated. This gives them pride in their jobs, which in turn creates a better experience for you.

They really do appreciate your generosity and it really does help them.

And for us

The nicest thing for us is to know that you have enjoyed your stay at Tropical Hideaway and that one day you may return and stay with us again. Towards the end of your holiday you will receive a questionnaire and a letter thanking you for choosing to stay at Tropical Hideaway.

You will also find a review request asking you to write a review and hopefully help us maintain our 'Best of the Best Small Boutiques Hotel' award which we have proudly received for the last seven consecutive years.

This is the biggest thank you we can ever receive from our guests



Banking, Credit / Debit cards, Currency Exchange

Banking

Bequia has one bank with 2 ATM machines for drawing out cash. Queues inside the bank can be long with waiting times sometimes exceeding an hour. The exchange rate is fixed at \$2.67 EC dollars for each \$1 US dollar plus any fees that may be charged by the bank here or your card company. The bank will not accept US notes with any slight tears or marks on them. US dollar cash is widely accepted throughout the island, but please note that some restaurants, bars, taxis etc. will give you a rate of \$2.50 EC for every \$1 US dollar. (40US = 100 EC). It is probably a good idea to bring some US Dollar cash with you which can be changed into local EC dollars at Tropical Hideaway when you arrive.

Alternatively you can use our USD Zelle service for currency exchange. You will usually get a far better rate here than in your home country.

Credit and Debit Cards

Most larger businesses will accept credit and debit cards, but they may charge a fee of 3% as this is what the bank charges for processing payments using a card. The smaller boat operators and tour guides usually require cash as they do not offer cards services.

Currency Exchange *** Special Offer*** (special guest rate)

For your convenience you can now make Bank of America Zelle payments into our US dollar bank account for any USD currency exchange you wish to make. Zelle payments should be free of charge and you will receive our special 'guest rate' of 2.60 EC for 1USD. i.e. \$100 US = (\$260EC), \$500 US = (\$1300 EC), \$1000 US = (\$2600 EC).

We will have the EC cash here for when you arrive.

We are also happy to offer a cash currency exchange service when you are here at Tropical Hideaway.

WE OFFER CURRENCY EXCHANGE AT EXCELLENT RATES

Tropical Hideaway
Special Guest Rate

\$2.60

EC to 1 US

Usual Taxi, Restaurant Rate

2.50

Bank Rate

2.67 (fixed)

We give you \$260 EC for every \$100 US
We give you \$1300 EC for every \$500 US
We give you \$2600 EC for every \$1000 US

Spare EC dollars

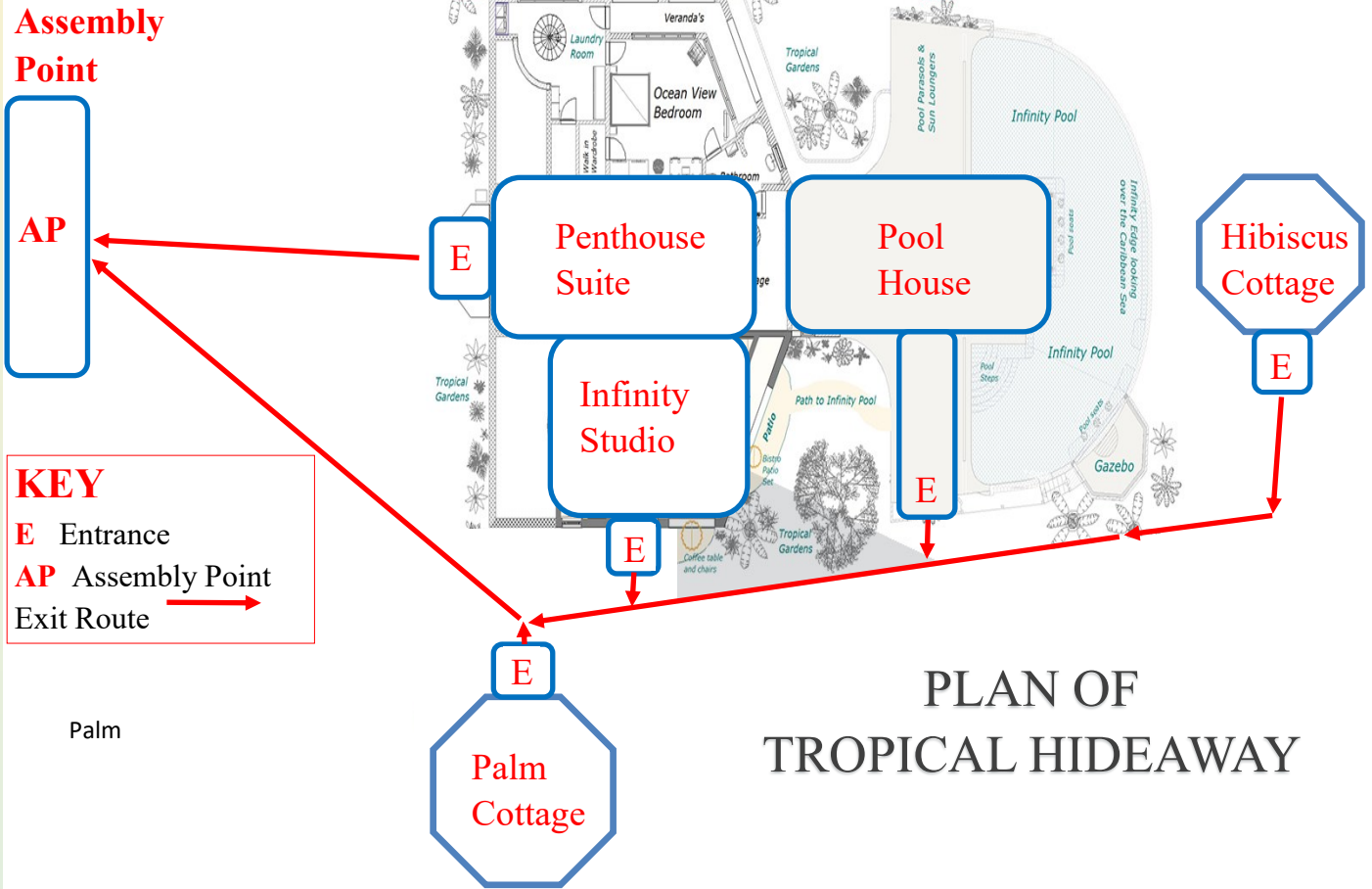
For your convenience any currency exchange made at Tropical Hideaway can be used to pay your shop account or exchanged back if you have spare cash left over.

This means you can convert any EC dollars back into your local currency at the same rate previously exchanged. Applies to transactions made with Tropical Hideaway only.



Fire and Emergency Evacuation Plan

Fire extinguishers are located in each accommodation and hosepipes are positioned outside. If the fire cannot be controlled, evacuate the building and notify the owners and their staff immediately. The fire assembly point is at the front of the property. For other emergencies notify the owners or their staff for assistance. See page 35 for emergency contact numbers.



This plan shows exit doors and the route to be taken to the assembly point.



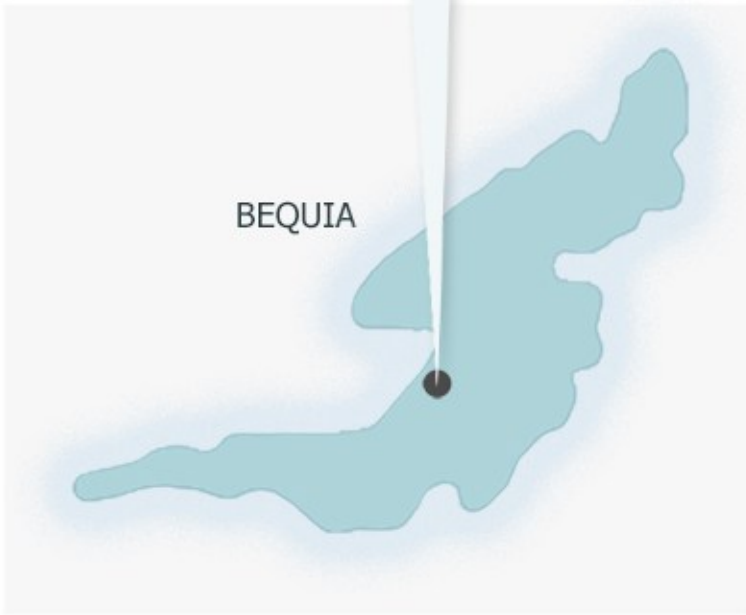


TROPICAL HIDEAWAY
— THE PERFECT ISLAND ESCAPE —

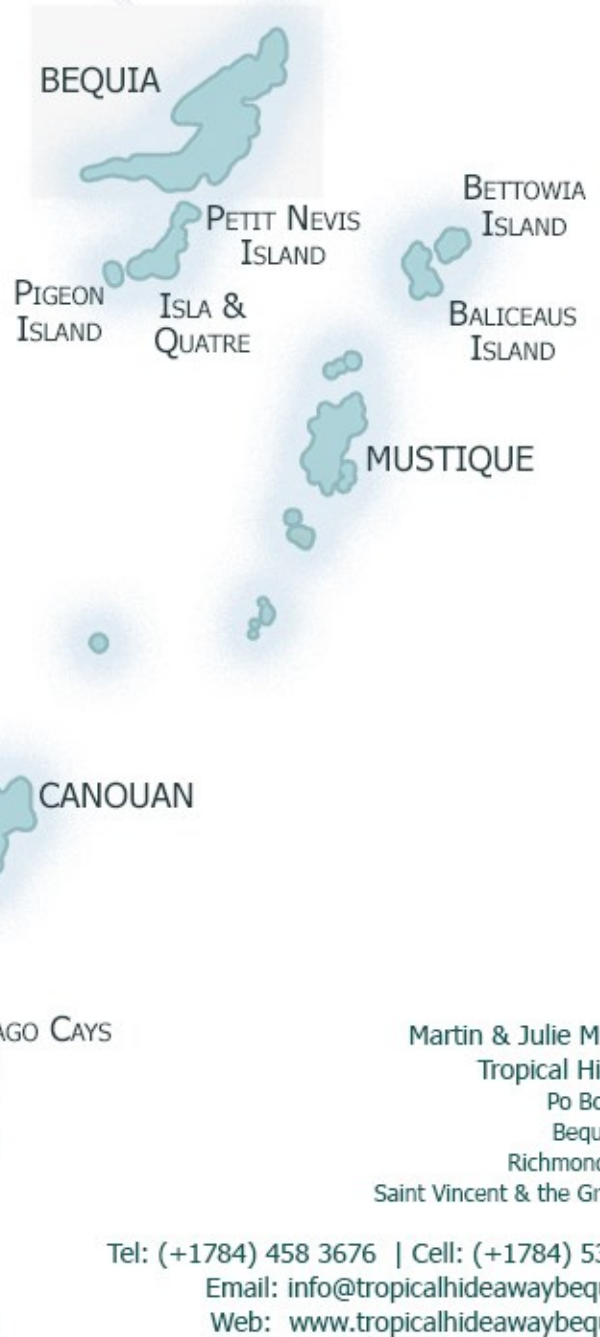


SAINT VINCENT

KINGSTOWN



BEQUIA



BEQUIA

PETIT NEVIS ISLAND

BETTOWIA ISLAND

PIGEON ISLAND

ISLA & QUATRE

BALICEAUS ISLAND

MUSTIQUE

CANOUAN

MAYREAU

TOBAGO CAYS

UNION ISLAND

PALM ISLAND

PETIT SAINT VINCENT ISLAND

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