

**BLUEFOOT TRAVEL GUIDE**

**SAILING IN ST VINCENT &  
THE GRENADINES**

[WWW.BLUEFOOTTRAVEL.COM](http://WWW.BLUEFOOTTRAVEL.COM)

## Introduction

Imagine a necklace of 32 tropical islands and cays, only nine of them inhabited. Welcome to St. Vincent and the Grenadines! BlueFoot Travel offers shared cabin charters and over the last 3 years we have done 25 amazing yacht charters around this beautiful country. It is one of our guests' favourite sailing destinations in the Caribbean!

Are you planning a bareboat charter in The Grenadines? Perhaps you have your own yacht and are heading to the Caribbean soon? To help you make the most of this amazing sailing area, we have prepared a detailed sailing itinerary and guide for you.

Come and sail in the great trade winds and through incredible turquoise waters. Experience the many underwater attractions, especially swimming with turtles in the coral-luscious Tobago Cays. Relax in remote anchorages with their secluded black and white sand beaches and lush tropical vegetation.

Or come and join us on one of our sailing trips. That way you can learn to sail around the region with us first. Come and build up your experience and hone your sailing skills before sailing here yourself. Captain Neil, is an RYA YachtMaster Ocean and RYA Cruising & NauticEd Sailing Instructor.

Our sailing holidays are focussed on great hands-on sailing balanced with time to explore underwater and ashore and topped off with delicious healthy meals. This sailing itinerary is aimed to highlight the great sailing routes and islands around St Vincent & The Grenadines. It also provides additional information about provisioning, boat services, tour guides, bars and restaurants on each of the islands.

## How To Use This Guide

Nemo, our Monohull yacht, is a Dufour GibSea' 51. She has a 2-meter draft. She has four double en-suite guest cabins. We usually cruise between 6-7 knots, sailing times in this guide are based on 5 knots. Nemo is crewed by Neil and Sam, also an RYA Yachtmaster.

We use UK English sailing terms and all directions are given as if you were standing in the cockpit looking towards the bow. All depths are in metres (m). Speed is in knots. Distances are in nautical miles (NM). Chart graphics are from Navionics, which we use regularly.

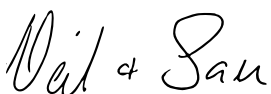
## Disclaimer

This guide assumes you know how to sail to one of the following standards:

- RYA Day Skipper
- NauticEd Bareboat Charter
- US Sailing Bareboat Charter
- ASA 104

All the sailing and navigation suggestions within this guide are for information only and should not be used for navigation purposes. Consult your charts, current and tide tables, and the weather before sailing. All other information is current as of September 2019.

Fair winds!



Neil & Sam

The BlueFoot Travel Team



## SVG Fast Facts

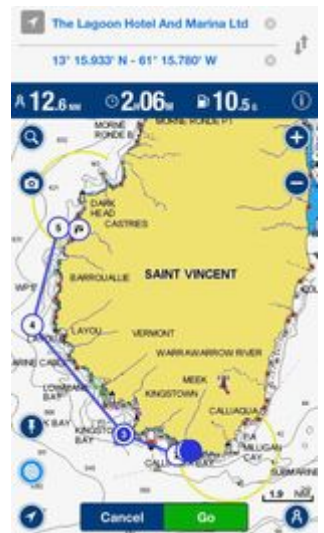
Capital:	Kingstown	Local Beer:	Hairoun
Population:	~ 110,000	Local Rum:	Sparrow
Language:	English	Local Dish:	Jackfish & Breadfruit
Currency:	XCDs	Must Do:	Snorkel with turtles in Tobago Cays

## From Blue Lagoon to Cumberland Bay

- Sail Time from Blue Lagoon to Cumberland Bay: ~12NM / ~2 hours

Blue Lagoon Marina & Hotel is a great place to start your sailing vacation as it has a hotel, small supermarket and all the support services necessary for a great sailing holiday. It is also in a stunning location and is approximately 25 minutes from Argyle International Airport.

Once you are settled on board and have conducted a yacht and safety briefing with your charter agents or yacht crew, get your sailing holiday started with a downwind sail along the south coast of St Vincent to Cumberland Bay. A local skipper will usually help you leave the marina because it is enclosed within a reef.



Source: Navionics

Enjoy the lush green coastline with views of Bequia. As you head up the west coast of St Vincent, you will see magnificent mountains rolling down to isolated palm tree lined beaches. We love Cumberland Bay for its calm waters, incredibly friendly locals and stunning sunsets. You will need to Med moor in Cumberland, and the boat boys will help you with your lines ashore. We get our lines ready (3 x 20m lines) as we head into the bay through the green and red lateral markers. Don't worry about throwing your lines to the boat boys at the opening of the bay. This is usual, as they then have time to get the lines ready for you ashore.

As you reverse back to shore we start dropping our anchor at 25m depth (we have 80m of chain), and the floor bed slopes up quickly. We end up in about 3-5m once we are tied up and the anchor is always really nicely set. As you position yourself to drop the anchor in Cumberland, make sure you don't go too far to the right, as you won't get to see the sunset.

### Anchorage Activities

- Meet the local boat boys, some of whom will come over to your boat with fresh produce (like Wesley below) or locally made wares to sell. It may seem a little intimidating as they can all appear at once, but they know it is a first come first served basis. They are all very polite and only want an opportunity to show you their goods, and if you buy, great, if not, that is fine too. They will then leave you to enjoy the stunning surroundings.
- Jump in for a swim. The mix of fresh water from the local river and sea water is fun and the bay is packed with fish and good reefs to snorkel.
- Head ashore and walk along the black sand beach and visit one of the great beach bars for a beer, cocktail or BBQ dinner.
- If you can spend a couple of days here, try to get on a day trip to Dark View Falls or a hike up Soufriere Volcano, one of the boat boys can help organise the trip or we have tour operator recommendations below.
- If you are on charter with BlueFoot Travel, we would recommend exploring the bay in our kayak or on the SUP and going snorkelling. You can also fish from the bow or lounge in the hammock. After sundowners ashore, we would head back for a delicious meal and some drinks from our all-inclusive bar.





## From Cumberland Bay via Petit Nevis to Mustique

- Sail Time from Cumberland to Petit Nevis: 20+NM / ~4+ hours
- Sail Time from Petit Nevis to Mustique: ~7NM / ~1-2 hours

Get ready for a great day of sailing with lots of different sights and some sheltered tacking practice. Depart Cumberland Bay about 09:00 and arrive in Petit Nevis for lunch and a snorkel. Then it is only a couple of hours sailing to Mustique.

Arrange a slip time with the boat boys the night before and they will help you remove the lines from ashore for you. As the boat boys do a lot to help you out, we recommend a tip of ~ 20 Eastern Caribbean Dollars (XCD).

As you sail around the South West coast of St Vincent be prepared for the winds to pick up in Bequia Channel, we often end up reefing. Stay high as you pass Bequia's most western point, West Cay. Then get ready for some tacking between the South of Bequia and Isle a Quatre as you sail to Petit Nevis.

If you are sailing with BlueFoot Travel, you can enjoy time on the helm and working the lines under Captain Neil's guidance. Anchoring in Petit Nevis is very straight forward. There is space for 3-4 boats to anchor. We don't use it as an overnight anchorage.

When you are ready to depart for Mustique, we raise the main behind Petit Nevis, then motor either the north or south of Petit Nevis depending on wind direction, and then enjoy a great afternoon sail to Britannia Bay, the only anchorage on Mustique.

The mooring balls are included in the mooring fee, so you might as well take one. They are heavy to pick up, and so do call Mustique Moorings on VHF 68/16 so they can help you tie up. On all mooring balls in the Grenadines you should attach two lines. It costs 220 XCD for 1-3 nights <70ft. The price does not change if you stay 1 or 3 nights. To make a reservation call T: +1 784 488 8363 or VHF: CH 68/16.

### Petit Nevis Anchorage Activities

- The snorkelling on the left-hand side of the anchorage is great, just check the currents before you jump in so you are aware of the current flow.
- Petit Nevis used to be a whaling station. The remnants of the buildings ashore are still there to be explored.

### Mustique Anchorage Activities

- Head out for a snorkel, a wander along the beach to Lovell Village or go on an island taxi tour with Boom Boom (Mustique Moorings can book this for you). As it is a private island you have to be accompanied, if you head further than Lovell Village.
- Visit Basil's Bar for a rum cocktail, and if you are not going back to Nemo for a delicious dinner, then you can have dinner at Basil's, Patrick's or the White House. To get a lift up the hill to Firefly, make a reservation at Patrick's and they will come and collect you and drop you off again at the dingy dock.



Source: Navionics



## From Mustique to Mayreau

- Sailing Time to Mayreau: ~20NM / ~4 hours

It is a delightful sail to Salt Whistle Bay on Mayreau along the North and West coast of Canouan. This course avoids the Atlantic swell, a number of reefs and isolated rocks that are on the route along the East coast of Canouan.

It is amazing arriving in Salt Whistle Bay. The water turns the most incredible blue at around 10m depth, you see kites bobbing up and down in the background and as you come around Mount Carbut you are enveloped by the most picture-perfect bay. Golden sand, crystal clear waters, perfect palm trees, colourful beach stalls and lots of rum shops!

You will be welcomed by one of the boat boys who will help you find a mooring ball or an area closer to the beach if you are on a Catamaran. Do follow them in to the bay as there is reef on both sides. We recommend tipping the boat boys who help you, as this is their livelihood. We suggest ~15 XCD.

We don't suggest anchoring behind the mooring field in Salt Whistle Bay as it can get very roly. Either head to Saline Bay or Tobago Cays and come back the next morning. The mooring balls in Saline Bay are not well maintained. The mooring balls in Tobago Cays are well maintained.

Once you are tied up, you will also be visited by the ranger. Salt Whistle Bay is a Marine Reserve and so you need to pay a small fee to stay there. Mooring balls cost 60 XCD per boat per night plus 10 XCD per person marine park fees.

### Anchorage Activities

- This is a picture-perfect palm tree lined beach. Enjoy a walk along the soft white sand and visit some of the local stalls or head across to the Windward Carenage and watch the kite surfers.
- If you are feeling energetic head up the hill to the village. At the top of the hill is a beautiful Catholic Church and if you wander behind it you will get the most incredible views of Tobago Cays. Walk a bit further and down into the village, you will find lots of rum shops! Robert Righteous & De Youths half way down the hill is a BlueFoot Travel favourite. As is The Ranch Escapade on Windward Bay, all the cocktails are handmade and the food is delicious, just follow the signs from Saline Bay.
- Once back in Salt Whistle jump into the warm protected waters and swim to the left-hand side of the bay, it is just like a swimming pool.
- If you haven't been over to the other side of the island we definitely recommend heading ashore to one of the many beach bars to have a cocktail at 'The Last Bar Before The Jungle' or a tasty local BBQ. Note Lobster is only be available from September to April. You can book a BBQ with one of the boat boys.



Source: Navionics





## From Mayreau via Mopion to Petit St Vincent

- Sailing Time to Mopion: 8 NM / 1.5 hours
- Sailing Time to PSV: 1 NM / 30 mins

Depart Mayreau around the west coast of the island towards Saline Bay (a great anchorage with a beautiful beach if Salt Whistle is full). Then head between Palm Tree Island and Union Island towards Mopion Island. After you have sailed between the two islands plot a course between Mopion and Punaise (both sandbanks) avoiding the conch shells pile to the west of Mopion.

Mopion is best experienced when there is nobody else there. There is nothing better than an island all to yourself. So, if there are more than three yachts anchored at Mopion or some kite surfers, we would recommend tacking up to Petit St Vincent (PSV), and go back to Mopion in the morning. It is a lovely spot for breakfast. The holding is rocky, so this is not a good night anchorage.

As you come into anchor, head towards the reef to the east of Mopion and drop as close as you can, as you will likely drag a little. There is a small unmarked channel through the reef into Mopion that is fine for a dinghy (just go slowly and have a look out on the bow) and then it is an easy beach landing when you get there.

Anchoring in PSV is straightforward with good holding. The reef between PSV and Petite Martinique (part of Grenada) provides good protection, but is open so you can get a bit of fetch. The only thing to be aware of is that a ferry often arrives at the hotel dock quite late at night. Do not anchor in the channel, as you will be asked to move.

### Anchorage Activities

- Walk around Mopion! Swim in the pool like protected waters. Take your photo under the umbrella. Create your own desert island movie – like one of our guests did! [Click here to watch.](#)
- Non-residential guests are only able to use the facilities around the dock on Petit St Vincent, so the restaurant, bar and gift shop.
- Swimming along the reef in front of Goaties Bar on Petit St Vincent is nice and we have seen quite a few rays in the anchorage.
- We highly recommend a sundowner at Goaties, take your dinghy stern anchor with you for use at their dock.



Source: Navionics

[Click to View Our Sailing Trips in The Grenadines](#)



## Sail from PSV via Happy Island to Chatham Bay

- Sailing Time from PSV to Clifton: ~5 NM / 1 hour
- Sailing Time from Clifton to Chatham Bay: ~5 NM / 1 hour

Union Island, is the capital of The Grenadines. Head to Clifton where you can stock up on water, fuel and provisions. If you are heading south to Grenada you will need to clear out of St Vincent here, either at the airport or the customs/immigration office just past the fishery.

Leave PSV the same way you came in between Mopion and Punaise sandbanks and enjoy a short sail towards Clifton. Clifton is surrounded by reefs and conch hills, so do check your charts before you set off. From PSV, we stay high and go between the conch mountain called Grand de Coi (marked by a west cardinal) and Palm Island. You then have enough space to drop your sails and head through two very old lateral markers into the Clifton anchorage. As you enter you will have a reef in front of you (marked) and reef to your port and starboard (with two more reef markers). The marine park has added more mooring balls in Clifton which are worth taking if you are staying overnight. If we are only in Clifton for a few hours, we usually anchor to the west of the reef in the middle of the bay or just in front of Happy Island.



Source: Navionics

If you do take a mooring ball in Clifton, Mooring Fees are 60 XCD for 1 night and the fee is collected by park rangers. Note that boat boys will come and help you tie up to the mooring balls. They are given 20 XCD of the mooring ball fee in exchange for helping you. To get their money they will give you a ticket which you give to the warden when they come for the mooring ball fees.

If you are not keen on entering Clifton harbour, you can also anchor or grab one of the 10 balls in Frigate Bay (also a lovely anchorage) and dinghy through the newly restored Ashton Lagoon to Clifton.

After lunch we leave Clifton and have a relaxed sail to Chatham Bay. The contrast between these two bays is incredible, as we move from an anchorage protected by reef to one surrounded by rolling hills.

It is a downwind sail past Frigate Island and Miss Irene Point, and sometimes we get the chance to practice a gybe too. Then you head up into the bay. We like to anchor near the wall and not next to the beach because the holding is good and you get some protection from the gusts of wind coming through the gullies.

### Clifton Anchorage Activities

- This is a beautiful little town, with lots of great little shops, bakeries, restaurants, cafes, gourmet and basic supermarkets and the fresh fruit and vegetable market in the square is fabulous. There is also an ATM.
- Once you have stocked up in Clifton, either grab a bus near the dock to Sparrow's in Belmont Bay for a wonderful lunch on a stunning beach or head to Happy Island for a rum punch you won't forget!

### Chatham Anchorage Activities

- The snorkelling here is amazing. Rapid point and all along the wall in front of the anchorage is teeming with thousands and thousands of fish. We have also seen turtles, rays, squid and one lonely octopus! If you shine a torch on the water at night there is often a fish frenzy!
- Head ashore for a drink at Vanessa & Seckie's Sun Beach and Eat Bar (pictured) or visit Patrick at the Pleasure Bar in the far corner. These are real beach bars; the hospitality is amazing and the BBQ food delicious.



## Sail from Union Island to Tobago Cays

- Sailing Time from PSV to Clifton: ~10 NM / 2-3 hours

We love this sail as it provides some fabulous tacking up the South Mayreau Channel, and all our guests who want a go on the helm and work the ropes can do so! Tobago Cays is our guest's favourite destination and it is so worth the visit. Yes, the navigation is a little complicated, but once there you are in paradise!

Leaving Chatham, we head North around Rapid Point and Bloody Head (someone didn't have a good day when they named this bay!) and then start our tacking towards the Southern approach into Tobago Cays which is clearly marked on the charts. Once through the gap in the reef we either head between Petit Bateau and Jamesby or we go through Penguin Channel and into the Cays via Petit Rameau and Petit Bateau. Either way you will be rewarded with the most stunning sight as soon as you enter the Cays. Most of our guests are speechless.



Source: Navionics

Tobago Cays is a marine reserve and over the last 5+ years we have been sailing here we have seen a huge increase in the number of turtles due to the local marine park's conservation efforts. The mooring balls are very well maintained and anchoring is very easy as the holding is deep white sand. If you take a mooring ball the cost is 60 XCD a night. You will also have to pay a nominal 10 XCD per person park entrance fee, whether you are on a mooring or at anchor. Park rangers will come and collect the fees.

### Anchorage Activities

- Relax, take it all in and enjoy shouting "there's a turtle" every few minutes!
- Jump into the beautiful waters and snorkel with turtles, rays and tons of fish! There are so many different places to snorkel here, you can jump in from your boat and snorkel as there are many turtles in the anchorage. Or when on Nemo we will take Dory the Dinghy to the outer reef and guide you around the best places to snorkel.
- The Cays has many lovely small islands, and we often head ashore to explore them too and take-in the great panoramic views. You can easily swim to Baradal or when on Nemo we will drop you off so you can float back taking in all the amazing sea life.
- One of the highlights for our guests is a beach BBQ on Petit Bateau. All the boat boys who work in the Cays are great, and do wonderful BBQs, but we always head ashore with Free Willy (pictured below) and Bets. As you enter the Cays, one of the boat boys will come and visit you and ask if you want to join them and take your order – lobster, fish, chicken or conch. Free Willy will pick you up from your boat, so you don't have to worry about a beach landing before dinner and Bets will cook you the most delicious dinner. All the boat boys will have beer and rum punch available for purchase with their BBQs, and we always take some wine with us ashore too. It is an incredible experience not to be missed.





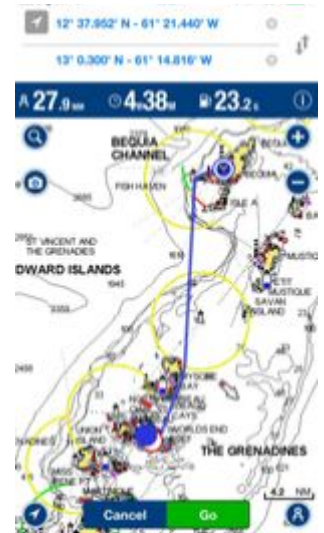


## Sail from Tobago Cays to Bequia

- Sailing Time: ~30 NM / 4-8 hours

If you have enough time, motor around to Petit Tabac before heading to Bequia. It is a tiny deserted island just inside World End's Reef. This is one of the locations for the first Pirate of the Caribbean movie – Curse of The Black Pearl, where all the rum was burnt. There is room for 3-4 yachts here, and it is fun to walk around the island. There is no dock, so it is a beach landing.

Then it is a fabulous sail to beautiful Admiralty Bay in Bequia. Depending on the wind direction, this trip has taken 4 to 8 hours sailing, and with such lovely weather and beautiful surroundings to take in, time flies!



Source: Navionics

It is a straight forward sail past the West of Canouan & Petit Canouan to the South West tip of the island and then depending on the time, we usually sail up to anchor at Princess Margaret Beach in Admiralty Bay.

Port Elizabeth, is a charming, sleepy port of call with a pedestrian footpath that stretch around most of the bay. Shops feature the works of model shipbuilders. Among the attractions are the Old Hegg Turtle Sanctuary and a number of galleries and artisans' shops and stalls. The provisioning is also great, with supermarkets and a fabulous fresh food market. Restaurants are also aplenty here, and they offer a great variety and standard of food.

## Anchorage Activities

- The snorkelling is great, and there are some lovely reefs on the right-hand side of Princess Margaret and Lower Bay beaches. You can either swim from the back of the boat or take your dinghy over to the reefs.
- When on Nemo we can drop you off at Jack's Beach Bar in Dory the Dinghy, so you can walk around the boardwalk into Port Elizabeth and if you want, pick you up at the other end or you can walk back too.
- If you have time, we suggest a rum shop tour with Team Truland. It's not so much about drinking rum (but there will be plenty to buy!) but seeing the island and meeting other folks on the island.
- After snorkelling or exploring ashore, we always head ashore for dinner in Bequia, as the restaurants are so good and the vibe is always fun.





## Sail from Bequia to Young Island

- Sailing Time: ~9NM / ~1.5 hours

Young Island is a great last anchorage before you head back to Blue Lagoon, and if you leave late on the first day, it is also a great first night anchorage!

The sail from Bequia to Young Island is straight forward, just remember that the wind can pick up in the Bequia Channel, and as you head North along the West coast of Bequia you can also get some swell.

Young Island cut is pretty deep, so there are two companies that offer moorings there. Charlie Tango and Sam's Taxi & Tours. Their boat boys will see you coming and help you tie up, or you can also call them on the radio (VHF 16 / 68). Remember two lines are needed for moorings.

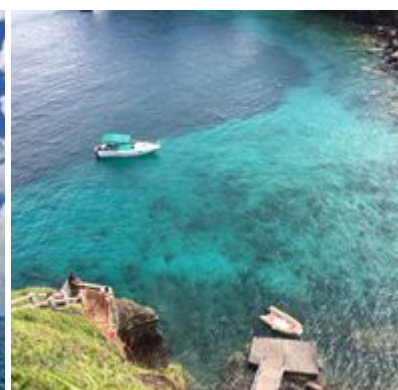
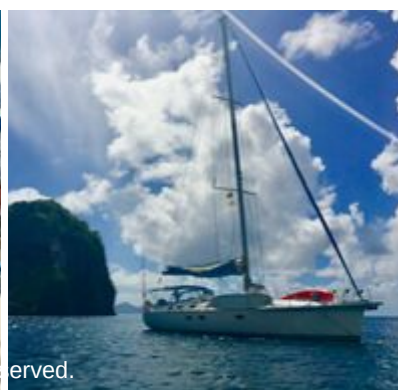


Source: Navionics

## Anchorage Activities

- If you go swimming, be sure to put a safety line in the water first. There can be a strong current through the cut, but just to the west of Young island is great snorkelling and even diving.
- If you have the energy, we suggest taking the dinghy to Fort Duvernette. If you walk up the 250+ steps you will be rewarded with a stunning view!
- Head ashore to Young Island for an a la carte food experience.
- Head ashore to the mainland for lots of restaurant options.

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## St Vincent, Kingstown

- From the marina, you can get a bus into town (2 XCD pp), and then grab a taxi on the way back. Taxis from town to Blue Lagoon Marina cost 35-50 XCD one way or you can contact Sam's Taxi & Tours who will drive you from one place to another, keeping the goods in the van for you.
- We get our wine and spirits from Gonsalves Liquors. You can leave and pick up your items later here.
- Get beer from Correas (you can also leave and pick up later) and if you have time, the chicken from Correas across the roads is also amazing.
- Next the fresh fruit and vegetable market in Kingstown, you can get amazing fresh produce, bread, eggs here that will last way longer on the boat as they haven't been refrigerated.
- After the market go to the supermarkets CK Greaves and then Massy's. If you are still missing something head to the Massy in Arnos Vale that is on the way back to the marina.

## St Vincent, Blue Lagoon

- There is a small supermarket with a selection of frozen foods, ice, fresh produce and bread and wines.
- A lot of fishing charters are based here, definitely ask if they have fish to buy. Tuna and Mahi Mahi is about 9 XCD a lb (10 XCD if you want it prepared).

## St Vincent, Cumberland Bay

- There are no stores here, but there are a number of boat boys who sell local provisions. Wesley (Fruit & vegetables), Joseph (Bread, jewellery and he owns a bar on the beach), Smally (Jewellery).

## Mustique

- Britannia Bay is expensive, but if needs must you will find Corea's Grocery Store full of goodies, Stan's Fresh Fruit and Vegetable Store, a Fish Market that also sells bags of ice and the Sweetie Pie Bakery that also does ice cream. For Mustique branded merchandise head to the Pink & Purple House Boutique.

## Clifton, Union Island

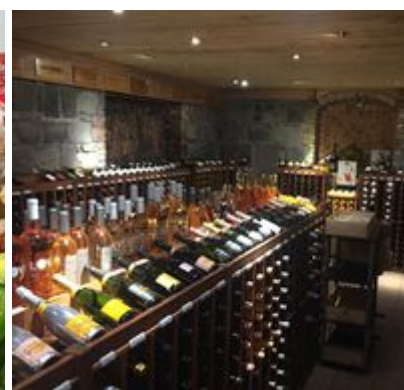
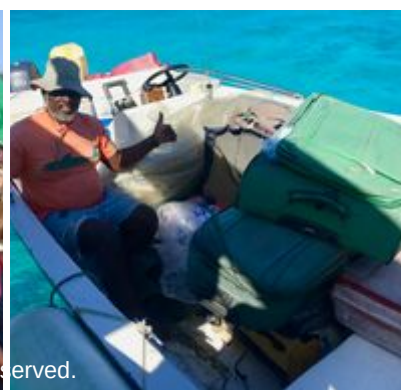
- The market square – Fresh fruit, salad and vegetables.
- Captain Gourmet – Cheese, wine, lots of French items.
- The Grand Union Supermarket – All your basics, lots of dry goods and eggs.

## Tobago Cays

- Baguettes and ice from Mr Quality (pictured below), order the night before and he will deliver for breakfast.
- Many of the boat boys will also bring you produce from Union Island for a fee.

## Bequia, Port Elizabeth

- Doris Fresh Food & Yacht Provisioning. Amazing selection of essential and gourmet items.
- Knights Supermarket. Amazingly well stocked with all the essentials and great bread daily.
- Select Store – Ice and lots of quality essential items.
- Fresh Fruit and Veg Market stalls all over town and at the Vegetable Market next to the petrol station – Wonderful seasonal fresh fruit and vegetables.
- Bread Man – Bread delivery at anchor.
- When you hear the conch horn blowing...fresh fish is available for purchase in town.





## Yacht Services

### St Vincent

- Blue Lagoon Hotel & Marina has dockage, water, fuel and rubbish facilities for a fee.

### Cumberland Bay

- Water is available. Boat boys will take your rubbish for a fee.

### Mustique

- Rubbish is free, and can be disposed opposite the Mustique Moorings Office.

### Mayreau

- Boat boys will get you ice and take your rubbish for a fee.

### Union Island

- Lambi Dock, Bougainvilla and The Yacht Club do water and fuel.
- Rubbish is free to dispose off opposite the Customs house.

### Bequia

- Daffodil: Water, Fuel & Laundry brought to your yacht.
- Miranders: Laundry picked up and delivered back to the boat.
- Rubbish is free at the Vegetable Market.

### Young Island

- Boat boys will take your rubbish for a fee.

## Taxis & Tours

- St Vincent: Sam's Taxi & Tours can take you to get all your provisioning and do tours.
- St Vincent: Lexx's Taxi & Tours. Lexx has two great air conditioned taxis for airport pick-up and island tours.
- Mustique: Boom Boom is a fun guide. The Mustique Moorings team can call him for you on and if he is not available will find someone else who can.

## Navigation Charts

Online navigation tools are great and we use Navionics a lot. But it is critical to have paper charts and be able to use them. If you need a navigation refresher, why not visit NauticEd, and take one of their free courses - Navigation Rules Clinic. Click [here](#) to access.

- Imray B3 – The Grenadines. St. Vincent to Grenada
- Imray B30 – Grenadines North Sheet. St. Vincent to Mustique
- Imray B31 – Grenadines Middle Sheet. Bequia to Carriacou
- Imray B32 – Carriacou to Grenada



## St Vincent

- Blue Lagoon: Flowt Beach Bar - Cold buckets of beer!
- Blue Lagoon: Cafe Soleil - Burgers and snacks.
- Blue Lagoon: The Loft Restaurant & Bar - Local food.

## Mustique

- The View at The White House - Local food.
- Basil's Bar - American food.
- Patrick's at Firefly - Local food and pizza beautifully presented.

## Mayreau

- Salt Whistle: Last Bar Before The Jungle - Great cocktails.
- Saline Bay: Robert Righteous & De Youths - Cocktails and a good story!
- Windward Bay: The Ranch Escapade - Great cocktails.

## Petit St Vincent

- Goaties Beach Bar - The best stocked bar with incredible views.

## Union Island

- Belmont Bay: Sparrow's Beach Club - Great food on an incredible beach.
- Clifton: Happy Island - Killer cocktails, you will only need two!
- Clifton: Gypsea Café. Great ice cream.
- Chatham: Vanessa & Seckie's Sun Beach & Eat. Cold beer, cocktails and BBQ.

## Tobago Cays

- Free Willy & Bets. The BEST Beach BBQ with cold beers and rum punch! (pictured here)

## Bequia

- Bar One – Floating bar near St Margaret's Beach.
- Pappa's – Lovely restaurant on the hill overlooking the bay.
- Maria's Café – Bar and cheap eats. Great views and Andrew owner runs the Bequia Youth Sailors.
- Whaleboner – Bar and cheap eats.
- Gingerbread – Wonderful local ice cream flavours.
- Macs' Pizza & Kitchen – Greatest pizza in the Caribbean and a huge selection of other dishes that are all delicious. Book to eat upstairs or first come first served on terrace.
- Fig Tree – Lots of delicious local dishes. Owner, Cheryl, also runs the Bequia Children's Reading Club.
- Jacks – American cuisine. Great spot for a sundowner.
- Rum Shop Tour: Fun tour of the island via Rumshacks with Team Truland.



## Sail in Style with BlueFoot Travel

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