Mustique

SUMMER EVENTS GUIDE 2014

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Summer Greetings

Welcome to Mustique.

This Guide includes information about regular activities and childrens' camps that will be taking place this summer, along with a calendar detailing some Mustique 'quirky' events that we hope you will enjoy.

Alongside regular favourites such as tennis and pony camps, yoga and scuba diving, this season features some entertaining activities for those times when you feel like a break from the pampered seclusion of your villa. Put a team together and test your athletic prowess in the Tri-Athlete Relay Competition; battle for brioche in a Breakfast Beach Boules Tournament; decorate your mules and don swimsuits for an island wide Scavenger Hunt; and enjoy the delicacies and delights of our local Fish Night.

We hope you enjoy a wonderful holiday on Mustique,

Jan O'Neil
Social Director, The Mustique Company.

THE COTTON HOUSE, BEACH BAR & CAFE

Beach Café

Serving fabulous pizzas, surf fresh sashimi and fresh catch from the grill.

Tuesday Night - 'A Fish Feast'

Shoreside lunch every day from 12 noon – 3pm

Surf fresh BBQ Grill and Caribbean specialities
Every Saturday 7pm – 9.30pm

Beach Bar

All day refreshments from freshly squeezed juices and smoothies, to a thirst quenching collection of fine wines, beers and cocktails.

Open everyday from 10am – 10pm

Happy Hour & A Half

Drinks and Appetizer Specials

Every Friday from 6.30 – 8pm at Beach Café

Kids Fridays

Children's favourites before the Movie on the Lawn.

Fridays 5.30pm – 6.15pm at Beach Café

The Veranda

Gastronomic Cuisine with a Caribbean influence

Dinner on selected nights from 7pm – 9.30pm

For reservations call **8215** or **8216**

COTTON HOUSE SPA

Spa

Open 7 days a week, our Spa, Fitness Centre & Boutique are a haven of relaxation, renewal & indulgence...

Cotton House Spa's range of massages and treatments stimulate and restore while promoting relaxation, healing, balance and peace of mind and body.

For appointments please call
8757, 8215, 8216 or **8697**
email: spamanager@cottonhouse.net
or call **+1 784 456 4777**

In- villa treatments are available, please book ahead to guarantee availability. A cancellation policy and terms and conditions will apply.

Opening Hours: 8am – 7pm

Fitness Centre & Boutique

Featuring a full-range of Technogym equipment and advanced strength training machines.

For appointments please call
8757, 8215, 8216 or **8697**
email: spamanager@cottonhouse.net
or call **+1 784 456 4777**

A collection of exquisite clothing and accessories from MFVD, Antik Batik, Lenny and more. Tunics, caftans, dresses, sarongs, swimsuits and a myriad of accessories await at our eclectically chic boutique.

Opening Hours: 8am – 7pm

ILA RETREAT

Mustique Retreats by Ila

Mustique is launching its own Wellness Retreats in collaboration with the doyenne of wellbeing, Denise Leicester, founder of luxury skincare range and spa brand ila.

These unique retreats have been designed as a holistic concept drawing on the island's natural elements offering yoga, hiking, and bespoke ila spa therapy treatments, complemented by nutritious naturally organic foods and fresh juices.

Drawing on the four elements of earth, water, fire and air, join Denise Leicester, founder of ila-spa, for a personal journey designed to ground, harmonise, energise and uplift. Relax and strengthen the nervous system with Kriya and Hatha Yoga.

The Cotton House 10-17th November

Boost adrenal health with Nordic Walking. Discover renewed vitality with morning Pranayama; and submit to the powerful energies of the night with sound healing, meditation and evening bathing rituals. With personalised ila treatments inspired by the island's healing Moringa tree, and tailored menus of indigenous organic vegan and raw foods, discover the rejuvenating, healing potential of Mustique at its purest, blissful best.

A small number of places are available from 10-17th November 2014.

For further information and reservations please visit the website.

WATERSPORTS

Scuba diving

Mustique Watersports offers a full range of PADI Scuba Diving courses, fantastic dives for certified divers, Discover Scuba Diving Experiences for first-timers, Bubblemaker 'dives' for 8 and 9 year olds and an array of water 'toys'.

For more information contact Watersports on **8486** or email watersports@mustique.vc

Sea Spies

Enjoy guided snorkelling on the House Reef in front of the Watersports Centre, and discover the underwater marine life and how we can help to look after it.

Participants must be able to swim and be 8 years and over. Equipment is provided.

Every Tuesday and Thursday, from 22nd July to 21st August, 4pm – 5pm.

US$25 per person

Sailing Camp

Learn all about tacking, gybing, reaching and running on Hobie Wave sail boats.

Participants must be able to swim.

Every Monday and Friday, from 21st July to 22nd August, 3.30pm – 4.30pm.

US$30 per person

Night Snorkelling

Discover the mysterious magic of snorkelling at night time.

Snorkelling equipment and underwater torches will be provided, as will an expert guide to show you the night sights.

Every Wednesday, from 21st July to 22nd August

Also available on request

7pm – 8pm

US$35 per person

For more information on all Watersports activities contact Watersports on 8486 or email watersports@mustique.vc

FITNESS CLASSES

Yoga

This class includes various styles of yoga that will enhance movement and flexibility.

(75 minutes)

Core Fit

Yoga, pilates and abdominal strengthening: an intense class, with a focus on fun.

(60 minutes)

Personal training

Catering for your individual needs.

Participants should wear comfortable sportswear, and suitable footwear if desired.

All equipment is provided.

Fees

Public Session US$30
Private Session US$120 (for one participant, each additional person US$30)

Morning sessions are held at Macaroni Beach (if the weather is inclement, at the Community Centre). Afternoon sessions are held at The Cotton House poolside.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am	Yoga (Macaroni)	Core Fit (Macaroni)	Yoga (Macaroni)	Core Fit (Macaroni)	Yoga (Macaroni)	Core Fit (Macaroni)
5:00pm	Yoga (The Cotton House)	Yoga (The Cotton House)	Yoga (The Cotton House)	Yoga (The Cotton House)	Yoga (The Cotton House)	Yoga (The Cotton House)

For further information contact The Cotton House Spa Manager on 8754 or email spamanager@cottonhouse.net

MUSTIQUE TENNIS CLUB

Tennis Coaching Clinics

The Mustique Tennis Club is offering guests the chance to hone their skills with professional coaching clinics, each clinic tailormade for individuals or groups, designed to explore all aspects of the player's game.

Please contact Richard, the resident Tennis pro at Mustique, mustiquetennis@mustique.vc to create your own programme during your stay.

Kids' Camps

Tennis Camps will run from Monday 21st July to Monday 22nd August, inclusive.

Children must be signed up for these camps. EC$70 (US$25) per child.

Tots, 3-5 yrs: 9 – 10am, Tuesdays, Thursdays & Saturdays (camps pro-rated if fewer than four tots).

Juniors, 5-13 yrs: 9 – 10am, Monday to Fridays

Advanced Juniors, 13-17 yrs: 9am Monday to Fridays

Sunday Social Round Robin

Every Sunday, 4pm – 6pm.
Contact the Club to sign up.
EC70 (US$25) per player.

Tennisercise

Every Monday, Wednesday and Friday
4pm – 5pm
A minimum of 4 participants required. Please contact the club.
EC$70 (US$25)

For more information please contact our resident pro, Richard Schaffer on 8315 or 8818

Kids' Tournaments

Prizes and trophies to be won! Call the Club for details and fees.
9am – 10am, every Saturday.
EC$175 (US$70)

Summer Tennis Tournament

6th – 8th August
Contact the Tennis Club to sign up

EQUESTRIAN CENTRE

Pony Camps

Pony Camps will be held on Mondays, Wednesdays and Fridays from 21st July to 22nd August

8.30am – 10.30am

For children aged 4 years and over

Vaulting Camps - 'Gymnastics on Horseback'

Vaulting Camps will be held on Thursdays from 21st July to 22nd August

9am – 10.30am

For children aged 8 years and over

Teen Camp

Monday 18th August to Friday 22nd August

8am – 11.30am and 3.30pm – 5.30pm

For children aged 11 years and over and experienced riders

To book private or shared lessons, beach trails, pony rides and places at the camps contact the Equestrian Manager on 8316 or by email equestrian@mustique.vc

Summer Horse Show

Friday 15th August

4pm – 6pm

At the Equestrian Centre

Featuring:

- Junior Quadrille
- Gymnastic Vaulting Exhibition
- Mounted Games
- Jumping
- Pony Rides

SOCCER CAMP

Soccer Camp

Join our enthusiastic coaches, Rock and Osborne for some soccer fun.

All children are welcome to this drop in event, no booking required (as long as it isn't raining!).

Venue: Playing Field

5pm – 6pm, every Monday, Wednesday and Friday from 21st July to 22nd August

Call the Activities Desk on **8378** for more information.

PHYSIOTHERAPY

Andrea Battermann MCSP HPC MRSS

Chartered Physiotherapist & Shiatsu practitioner

Chartered Physiotherapist & Shiatsu practitioner Andrea has over 25 years of professional experience and offers physiotherapy for sports and work related injuries; for back pain, chronic pain and joint problems; and for pre- and post-operative problems. Therapeutic services offered include manual therapy, soft-tissue mobilisation and manipulation, myo-fascia release lymphatic drainage, therapeutic exercises, shiatsu and acupuncture.

For more information and appointments contact: Mob: **+1 784 528 2525**

info@holisticphysiotherapy.org

www.holisticphysiotherapy.org

Kids' Movie Nights

On the Cotton House lawn, complimentary popcorn will be served. Should it rain, the movie will be cancelled.

Fridays, 6.30pm

(coinciding with the Beach Café Happy Hour and a Half)

Tuesdays, 7pm

(to entertain the kids when the Mustique Company Cocktail Party is taking place).

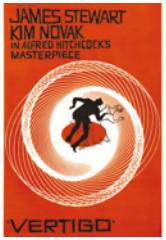
Tue 22nd July	**Tom and Jerry**
Fri 25th July	**The Lego Movie**
Tue 29th July	**The Aristocats**
Fri 1st August	**Snow White and the Seven Dwarves**
Tue 5th August	**Home On The Range**
Fri 8th August	**Monsters University**
Tue 12th August	**The Pirate Fairy**
Fri 15th August	**Frozen**
Tue 19th August	**Disney's Robin Hood**
Fri 22nd August	**A Bug's Life**

Movie Nights

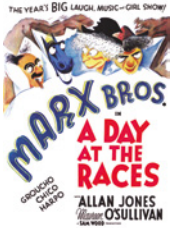
On the Cotton House lawn, complimentary popcorn will be served. Should it rain, the movie will be cancelled.

Saturdays, 6.30pm

Sat 26th July	Vertigo
Sat 2nd August	Citizen Kane
Sat 9th August	Singing In The Rain
Sat 16th August	A Day At The Races
Sat 23rd August	The Maltese Falcon



Call Activities on 8378 for more information on any of the movie nights.



Party Paraphernalia

Hosting a party on island?

The Activities Desk has party equipment available to hire, from tents, dance-flooring, lights, sound-systems, projectors, tiki torches, fireballs, lanterns, tables, cloths, chairs, crockery, glasses and games galore, along with lots of party planning expertise. If you need any assistance, from printing invitations to party co-ordination, please call **8378** .

EVENTS CALENDAR | **JULY**

Sunday 20th

5.30pm – 7.30pm

SUNSET JAZZ

Basil's Bar

Relax at this popular 'lime' and sip a cocktail as you try to glimpse the ever elusive 'green flash'.

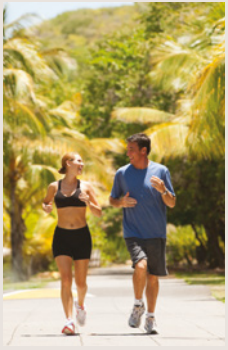
Monday 21st

4.30pm

10K WALK

Meet at the Playing Field for a guided walk around Mustique's 10K Marathon route.

For further information call Activities on 8378 or 532 9832.



Tuesday 22nd

7pm – 8.30pm

MUSTIQUE COMPANY'S COCKTAIL PARTY

The Cotton House Great Room

7pm

KIDS' MOVIE

The Cotton House lawn

Wednesday 23rd

4pm – 5pm

STORY TELLING

Community Centre

Children's stories brought to life.

For further information call the Librarians on 8556.

9pm

BASIL'S JUMP UP

Basil's Bar

Dance the night away at Basil's famous Jump Up.

Reservations for BBQ dinner can be made by calling 8350.

Thursday 24th

7.15am

TRIP TO MONTREAL GARDENS

A guided full day excursion to Montreal Gardens, located in the mountains above Mesopotamia Valley in St. Vincent.

Please call Activities on 8378 for pricing and check-in times.

Friday 25th

11am – 12noon

KITE-O-THON

Pasture 2

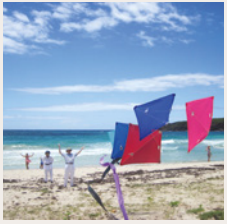
Make your own kite or fly one of ours, let's see how many kites we can fly at one time.

For further information call Activities on 8378 or 532 9832.

6.30pm

KIDS' MOVIE

The Cotton House lawn



Saturday 26th

5.30pm

SUNSET WALK

Meet at Pasture 2 for a walk along Obsidian Bay, all the way to the top of Gun Hill, from where the view is spectacular.

For further information call Activities on 8378 or 532 9832.

6.30pm

MOVIE NIGHT

The Cotton House lawn

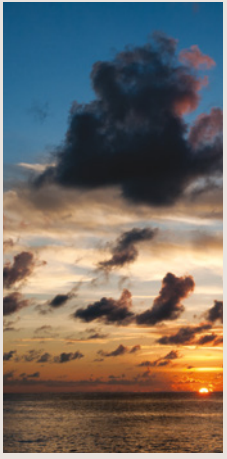
Sunday 27th

5.30pm – 7.30pm

SUNSET JAZZ

Basil's Bar

Relax at this popular 'lime' and sip a cocktail as you try to glimpse the ever elusive 'green flash'.



Monday 28th

3pm – 4pm

KIDS' TREASURE TRAIL

Meet at the Library for your clues and maps.

All children 12 and under are welcome... as are nannies and parents!

Prizes for the winners and treasure for all.

For further information call Activities on 8378 or 532 9832.

Tuesday 29th

7pm – 8.30pm

MUSTIQUE COMPANY'S COCKTAIL PARTY

The Cotton House Great Room

7pm

KID'S MOVIE

The Cotton House lawn

Wednesday 30th

4pm – 5pm

KIDS' BINGO

Community Centre

Fun and games for children 12 and under.

Parents and nannies welcome.

For further information contact the Librarians on 8556.

9pm

BASIL'S JUMP UP

Basil's Bar

Dance the night away at Basil's famous Jump Up.

Reservations for BBQ dinner can be made by calling 8350.

Thursday 31st

7pm – 8.30pm

BEACH GLOW GAMES

Lagoon 2

Family fun in the dark playing glow games on the beach. Wine and soft drinks available, but by all means bring your own to add to the cooler.

For further information call Activities on 8378 or 532 9832.

EVENTS CALENDAR | **AUGUST**

Friday 1st

9am

BREAKFAST BEACH BOULES TOURNAMENT

Macaroni 5

A brioche and boules battle on the beach. Croissants for all competitors wearing striped jerseys and berets.

Please call Activities on 8378 to sign up for the tournament.

6.30pm

KID'S MOVIE

The Cotton House lawn

Saturday 2nd

4pm

TRI-ATHLETE RELAY COMPETITION

Meet at the Playing Field

The Relay is an established highlight of every summer, in which teams of three athletes cover the disciplines of cycling, swimming and running.

Prizes and trophies for the winners, and medals for all.

Call Activities on 8378 to register your team.

6.30pm

MOVIE NIGHT

The Cotton House lawn

Sunday 3rd

5.30pm – 7.30pm

SUNSET JAZZ

Basil's Bar

Relax at this popular 'lime' and sip a cocktail as you try to glimpse the ever elusive 'green flash'.

Monday 4th

7.30pm

MUSTIQUE EDUCATIONAL TRUST SUMMER DINNER

The Cotton House Beach Café

This fundraising summer dinner by the sea was the sell-out smash hit of last summer.

Drinks at 7.30pm will be followed by a three course dinner with wine at 8.30pm.

Tickets, priced at US$100 per person, are limited so please book early to avoid disappointment.

Contact Activities on 8378 or activities@mustique.vc to book your tickets.

Tuesday 5th

7pm – 8.30pm

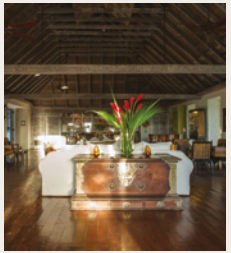
MUSTIQUE COMPANY'S COCKTAIL PARTY

The Cotton House Great Room

7pm

KID'S MOVIE

The Cotton House lawn



Wednesday 6th

5.30pm – 7pm

KIDS' ROCK STAR PARTY

Community Centre

Games and dancing, with prizes for the best dressed Rock Star.

Call the Librarians on 8556 for more details.

9pm

BASIL'S JUMP UP

Basil's Bar

Dance the night away at Basil's famous Jump Up.

Reservations for BBQ dinner can be made by calling 8350.

Thursday 7th

6.30pm – 8pm

AUDIO VISUAL QUIZ

The Cotton House Beach Café

Wet your whistle, sharpen your wits, put together a winning team and go in for the kill at this fun quiz night.

Prizes for the top three teams.

For further information call Activities on 8378 or 532 9832.

Friday 8th

4pm

TENNIS TOURNAMENT FINALS

Tennis Club

The grand climax to three days of fast and furious tennis matches.

Call 8315/8818 for details of the Tournament and to sign up.

6.30pm

KID'S MOVIE

The Cotton House lawn

Saturday 9th

4pm

BACKGAMMON TOURNAMENT

The Cotton House Beach Café

Will luck win out, or will strategy come to the fore?

Prizes for the winner and runner up.

6.30pm

MOVIE NIGHT

The Cotton House lawn

Sunday 10th

5.30pm – 7.30pm

SUNSET JAZZ

Basil's Bar

Relax at this popular 'lime' and sip a cocktail as you try to glimpse the ever elusive 'green flash'.

Monday 11th

4pm

SCAVENGER HUNT

Meet at the Playing Field to receive your clues and maps.

This Mustique-quirky Scavenger Hunt, for adults and older children, will have teams visiting all corners of the island.

Vehicles, swimsuits and cameras required.

Prizes for the winners and a special bonus prize for the best dressed mule.

For further information call Activities on 8378 or 532 9832.

Tuesday 12th

3.30pm – 5.30pm

BEACH BALL PARTY

Lagoon 1

Children between the ages of 3 and 12 years are invited to the party.

Prizes and games.

Call the Librarians on 8556 for details.

7pm – 8.30pm

MUSTIQUE COMPANY'S COCKTAIL PARTY

The Cotton House Great Room

7pm

KID'S MOVIE

The Cotton House lawn

EVENTS CALENDAR | **AUGUST**

Wednesday 13th

4pm – 5pm

STORY TELLING

Community Centre

Children's stories brought to life.

For further information call the Librarians on 8556.

9pm

BASIL'S JUMP UP

Basil's Bar

Dance the night away at Basil's famous Jump Up.

Reservations for BBQ dinner can be made by calling 8350.

Thursday 14th

7pm

FISH NIGHT

The Fishing Village

A local Fish Night with freshly caught fish and accompanying delicacies.

Food and drinks will be on sale and there will be live steel pan music.

Friday 15th

4pm – 6pm

SUMMER HORSE SHOW

The Equestrian Centre

Showcasing talented youngsters, the show will feature Junior Quadrille, Gymnastic Vaulting Exhibition, Mounted Games, Jumping and Pony Rides.

Call the Equestrian Centre on 8316 for details.

6.30pm

KIDS' MOVIE

The Cotton House lawn

Saturday 16th

6pm

SUNSET CHAMPERS AND CHIPS

Gun Hill at South Point

A just reward awaits if you manage to make it to the top of Gun Hill, South Point. So work up a thirst and make the climb, for the views from here are to be savoured.

For further information call Activities on 8378 or 532 9832.

6.30pm

MOVIE NIGHT

The Cotton House lawn

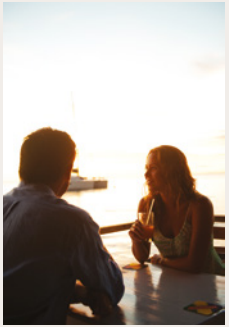
Sunday 17th

5.30pm – 7.30pm

SUNSET JAZZ

Basil's Bar

Relax at this popular 'lime' and sip a cocktail as you try to glimpse the ever elusive 'green flash'.



Monday 18th

4.30pm

OBSIDIAN LOOP WALK

Meet at Pasture 2 for an energetic walk to Obsidian Bay, looping back to Pasture Lookout.

Wear sturdy shoes or sandals as the terrain can be uneven.

For further information call Activities on 8378 or 532 9832.

Tuesday 19th

7pm – 8.30pm

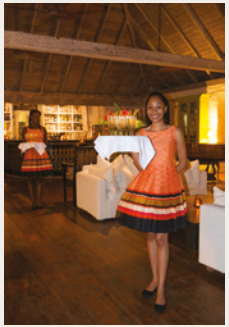
MUSTIQUE COMPANY'S COCKTAIL PARTY

The Cotton House Great Room

7pm

KID'S MOVIE

The Cotton House lawn



Wednesday 20th

4pm – 5pm

STORY TELLING

Community Centre

Children's stories brought to life.

For further information call the Librarians on 8556.

9pm

BASIL'S JUMP UP

Basil's Bar

Dance the night away at Basil's famous Jump Up.

Reservations for BBQ dinner can be made by calling 8350.

Thursday 21st

7pm – 8.30pm

BEACH GLOW GAMES

Lagoon 2

Family fun in the dark playing glow games on the beach. Wine and soft drinks available, but by all means bring your own to add to the cooler.

For further information call Activities on 8378 or 532 9832.

Friday 22nd

3pm – 4pm

KIDS' TREASURE TRAIL

Meet at the Library for your clues and maps.

All children 12 and under are welcome... as are nannies and parents!

Prizes for the winners and treasure for all.

For further information call Activities on 8378 or 532 9832.

6.30pm

KIDS' MOVIE

The Cotton House lawn

Saturday 23rd

4pm

SOUTH BEACHES HIKE

Meet at Macaroni car park for an energetic hike along Macaroni, Simplicity, Pasture, Black Sand, Obsidian, Gelliceaux, Lagoon and Old Plantation.

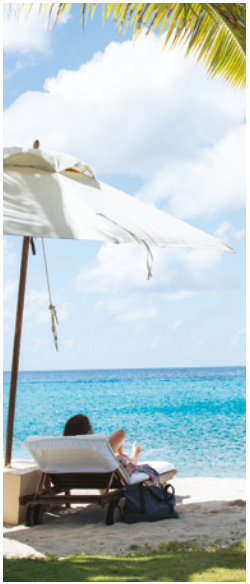
Wear sturdy shoes or sandals as some of the terrain will be uneven.

For further information call Activities on 8378 or 532 9832.

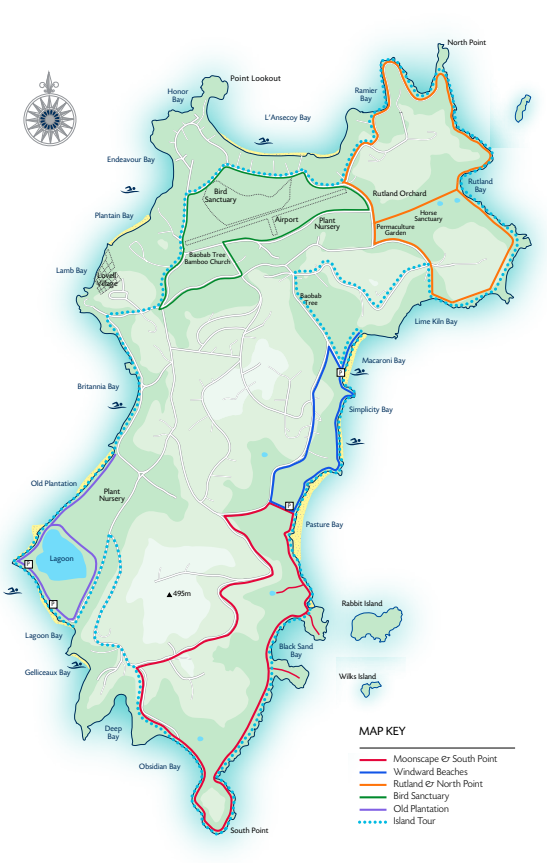
6.30pm

MOVIE NIGHT

The Cotton House lawn



WALKING TRAILS



Moonscape & South Point

5.5 km 1.5 – 2.5 hours

Park and Start at Pasture Bay

A diverse and fascinating hike through Moonscape, an extraordinary and environmentally sensitive landscape, with a climb up to South Point to enjoy the far-reaching sea views.

Windward Beaches

3 km, 45 min – 1.5 hours

Park and Start at Macaroni Beach

Exhilarating shoreline walk along the island's windward beaches, take care of slippery wet rocks during high tide.

Rutland & North Point

5 km, 1 – 1.5 hours

Park and Start at Rutland Bay

Rocky hike for keen walkers and nature enthusiasts with a good head for heights.

Bird Sanctuary

3.5 km, 40 – 50 minutes

Park and Start at Bamboo Church

Starting at the landmark Baobab tree, take a peaceful stroll around the Bird Sanctuary, with a chance to spot many of the island's indigenous species.

Old Plantation

2km, 20 – 30 minutes

Park and Start at Old Plantation Beach

A gentle walk along the shoreline taking in the Nature Trail and the island's natural Mangrove Swamp in Lagoon Bay.

Island Tour

15.8 km, 4 – 5 hours

For those seeking a challenge, experience the fascinating and varied aspects of Mustique and circumnavigate the island.

For more information about the Trails please pick up a leaflet from the Activities Office.

We take conservation very seriously on Mustique and throughout the island you will see evidence of new planting and cultivation, essential to the maintenance of the island's natural eco-system. Please help us to preserve this unique island by walking with care and not picking flowers or shrubs.

We recommend suitable footwear and plenty of drinking water when hiking.

PICNIC BEACH SITES

Beach sites

Picnic sites on Lagoon, Pasture Bay and Macaroni beaches are available for the use of homeowners, island guests and residents only.

There is no charge for the use of a picnic site.

However, as a courtesy to those who may use the area after you, we request that you clean up after use and dispose of all bagged garbage in the bins provided.

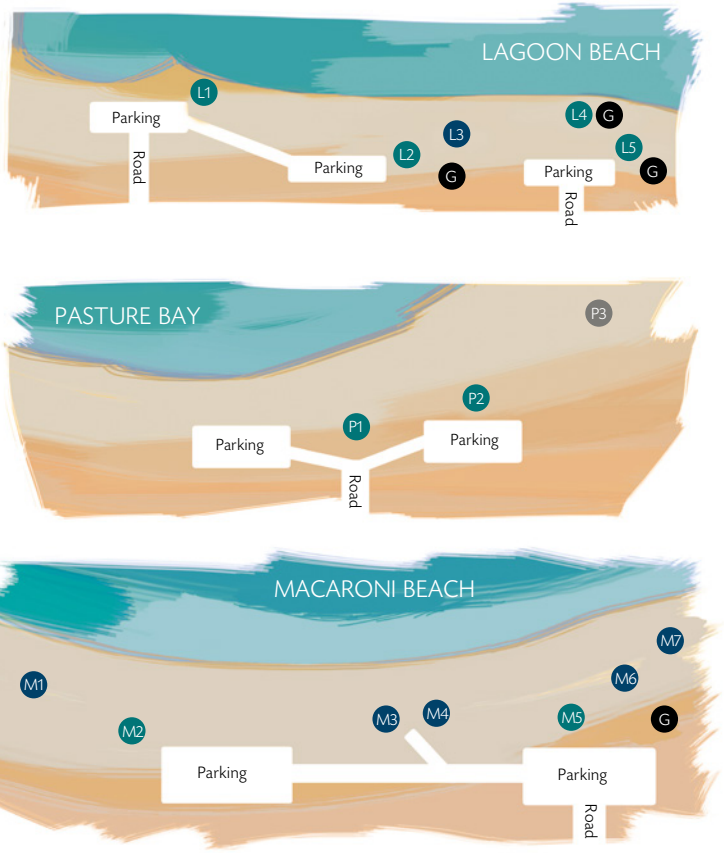
Ensure that bottles, cans etc., are separated and the grill should be cleaned, if used. Picnic tables should not be removed from any of the sites without permission from The Mustique Company.

Booking the sites

When booking, a maximum of two sites may be booked in advance, per villa. Picnic sites are numbered as per maps shown. eg. L2 = Lagoon No.2 (including grill). Please request site by number.

All picnic sites must be reserved prior to use

Call 8378 or 8424 to book your site



Seating numbers per site:

2-4 7-10 16+ Barbeque Grill

MUSTIQUE CHARITABLE TRUST

About the Trust

The Mustique Charitable Trust was established in 2008 to coordinate and enhance the charitable giving of the Mustique community. Its mission is to improve the opportunities of children, young people and vulnerable adults while supporting the development of sustainable communities throughout St Vincent and the Grenadines.

Since its foundation the Trust has provided assistance to over 30 charities and organisations focussing on children and young people with challenges, tackling poverty and building local communities, education and medical screening.

Many of these charities need on-going support. Donations are spent effectively to deliver help directly where it is most needed. If you would like to find out more about our activities or make a donation, please contact:

The Administrator
The Mustique Charitable Trust
PO Box 349, Kingstown
St Vincent and the Grenadines
West Indies VC0100

Tel: **+1 784 457 1531**
or email admin@mustiquecharitabletrust.com

www.mustiquecharitabletrust.com

Save the Date

Save the date for a fundraising drinks party

Tuesday 9th December 2014

Christie's, King Street, London

Invitation to follow in September

Viscount and Viscountess Linley with Basil Charles at last year's event.

Contact Us

UK & Europe: pippa@mustique.vc Tel +44 207 201 6831
The Americas: victoria@mustique.vc Tel US Toll Free 855 261 1316
Mustique Island: enquiries@mustique.vc Tel +1 784 488 8500

mustique-island.com

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