the
Seychelles
islands Another world

Why a Seychelles holiday?

Quite simply, because Seychelles stands head and shoulders above many other island holiday destinations in terms of the sheer diversity our islands offer.

Our near-perfect climate and almost twelve hours of sunlight per day, (plus some of the most dazzling and famous beaches on the planet that regularly make it onto the international 'best beaches hit-list'), conspires with the warmth of the Seychellois people and their welcoming island-style society where harmony is simply a way of life to make you feel instantly at home.

As you tune into the authentic island vibe and your spirit recalibrates with the rhythms of Nature, you will discover a diverse mix of islands spread before you like a banquet: tall, majestic granite islands slumbering, in some cases untouched, since the dawn of time and, also, remoter necklaces of low-lying coral islands, sand cays and atolls strung upon lines of ivory surf like priceless pearls.

Beyond the fascinating history that each individual island guards, many are home to some of the rarest species of flora and fauna on the planet - a modern-day Noah's Ark harbouring the treasures of Nature from a bygone time for the modern traveller to enjoy.

Seychelles' grand diversity extends to its people who hail from the four corners of the world: European explorers; African slaves; British and French colonialists; Indian and Chinese traders; adventurers, pirates and seekers of fortune – each weaving the threads of their own distinct culture into the shining tapestry that is now the Seychelles nation.

The results of this magnificent fusion of people has produced a multi-faceted culture that includes wonderful examples of vernacular architecture; a mouth-watering cuisine that blends culinary traditions of both east and west; a vibrant arts scene that includes astonishing, island-inspired works of art; tantalising, hip-swaying dances; haunting poetry and prose and many other gems besides.

And, finally, something that cannot be replicated anywhere else: that unique feeling of having been given a once-in-a-lifetime opportunity to participate intimately in a way of life like no other on earth.

The Seychelles Islands...another world.

Port Glaud - Mahé

The Islands

Mahé

Mahé Island, once known as Isle of Abundance, is indeed an island of plenty and the principal island of the archipelago where can be found one of the tiniest capitals in the world, Victoria; the international airport and the very epicentre of Seychelles' tourism industry.

With its imposing silhouette cutting a majestic profile against the cobalt sky, Mahé's splendour cascades from mist-clad mountain tops through lush virgin forests little changed over time down to a sapphire sea and to more than sixty beaches, several of which regularly feature in the world's top ten list.

Home to a bustling port, thriving commercial centre and to the lion's share of Seychelles' retail outlets and tourism services and facilities, Mahé is a typical example of a modern-day marriage between all the facets of a modern, up-to-date infrastructure and a splendid past full of bewitching Creole character, history, tradition and our special, Seychelles-slow lifestyle.

Mahé offers much to see and do by way of historical hot-spots; excursions by land and sea; walks and trails where to discover some of the rarest species on earth; scenic tours including visits to a wide range of artists' galleries, bustling local markets and restaurants featuring sumptuous Seychellois Creole cuisine; not to forget Eden Island with its luxury mall and marina, casino, choice of bars and restaurants.

All of this, and much more, can be enjoyed from a varied accommodation scene of opulent, international, five-star resorts and exclusive island getaways, boutique hotels, impressive villas, charming local guesthouses and self-caterings to suit all budgets.

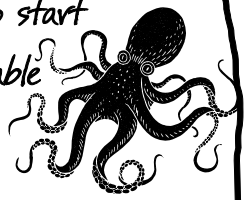
Your stepping stones to the Seychelles Islands...another world.

Victoria - Mahé

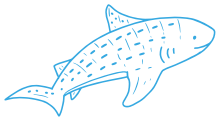
Main Attractions of Mahé

- **Victoria - Explore the island capital**
- **Seychelles National Botanical Gardens**
- **Morne Seychellois National Park**
- **Beau Vallon - Mahé's most popular beach**
- **Craft Village** (Domaine de Val des Près)
- **Ste. Anne National Marine Park**
- **La Plaine St. André distillery**
- **Seychelles National Museum of History**
- **Le Jardin Du Roi Spice Garden**
- **Venn's Town Mission Lodge**
- **Kaz Zanana Art Gallery**

Mahé has several marine parks and natural reserves to start you off on unforgettable voyages of discovery.



Best Things to Do on Mahé



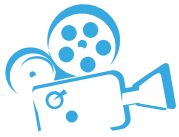
Spot a spotty whale shark-
Join monitoring activities of Marine Conservation Society

Specialised Multi-Adventure Company adventures - Ziplining & Rock Climbing

For nightlife chill out
Boardwalk Bar, Beach Shak Seychelles, Boathouse Bar, Gran Kaz, Barrel Bar & Nightclub, Katiolo Nightclub, Mingle Sports Bar & Grill and Buckinarms Palace.

Head to the best beaches -
Beau Vallon, Anse Royale, Grand Anse, Intendance, Anse Soleil, Takamaka

Eden Island Plaza



Deepam Cinema

A Tea Factory guided tour

Activities

Stand up paddle-boarding

Fishing

Sailing

Diving

Snorkelling

walks & trails

Surfing

Golf

North Point
Machabée
Anse Nord D'Est
North East Point
Glacis
Anse Etoile
Ste. Anne
Mare Anglaise
Île Perseverance
Île Moyenne
Île Ronde
Île Longue
Beau Vallon
Bel Ombre
Pascal Village
VICTORIA
Île au Cerf
Anse Major
Danzil
St Louis
Mont Fleuri
Cap Ternay
Morne Seychellois National Park
Eden Island
Baie Ternay National Marine Park
Sans Souci
Plaisance
Port Launay
La Louise
Tea Plantation
Les Mamelles
Port Launay National Marine Park
Port Glaud
Mission
Fairview
Cascade
La Misère
Tea Factory
Grand Anse
Pointe Larue
Barbarons
Anse Aux Pins
Anse Boileau
La Plaine St.Andre
Au Cap
Anse à la Mouche
Kot Manya
Pointe au Sel
Anse Soleil
Les Canelles
Anse Royale
Petit Anse
Baie Lazare
Val Mer
Jardin du Roi
Val Den Dor
Anse Forbans
Anse Takamaka
Takamaka
Anse Intendance
Police Bay

Anse Takamaka - Mahé

Popular Places to Eat & Drink on Mahé

- Marie Antoinette
- La Scala Restaurant
- Surfers Beach Restaurant
- La Perle Noire
- Baobab Pizzeria
- Lansiv Cafeteria
- The Maharajas
- Delplace Bar & Restaurant
- Maria's Rock Café
- Boat House
- Wildflour Cafe
- Kafe Kreol
- Auberge Chez Plume
- Mahek

Praslin

Praslin, also called Île de Palme Island in reference to its luxuriant vegetation, is the second-largest island after Mahé in the Seychelles.

Easily reached by small plane or fast ferry from Mahé, once you get there, you will find that the island is served by two parallel roads running the length of the island. One of which crosses the south-central mountains, in which the virgin forest of the Vallée de Mai National Park is located. There are three main settlements on the island, with Anse Volbert, also known as Côte D'Or, Baie Ste. Anne and Grand Anse being of most interest to visitors.

Praslin's history, heritage and hidden events are a magnificent aspect of its island charm. It was on the same day back in 1768, that the Marion Dufresne expedition arrived, the marvellous ***Coco-de-mer nuts*** were discovered; the best souvenir of the Seychelles you could ever take home. As the cultural symbol of the Seychelles the best place to see this rare nut is in its natural setting at the **Vallée de Mai;** a ***UNESCO World Heritage Site*** and home to the largest concentration of Coco de Mer trees on the island of Praslin.

There is nowhere else on earth where any particular tree grows up to 30 metres tall and lives hundreds of years to produce its first fruit, the biggest nut known in the world, after 20 years.

Endless adventure awaits you on Praslin Island with it being central to island-hop to a handful of exotic neighbouring islands, Cousin, Curieuse, St.Pierre, Aride and La Digue; some of which are observed as notable sanctuaries nurturing rare species of endemic flora and fauna.

Vallée de Mai - Praslin

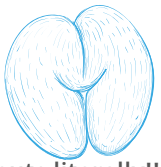
Anse Lazio - Praslin

Main Attractions of Praslin

- Anse Lazio beach
- **Vallée de Mai**
- Black Pearl Ocean Farm
- Island hop neighbouring islands; **Curieuse,Coco, Sisters, Felicite, Cousin,St.Pierre & Aride Islands**
- Côte D'Or - Praslin's main beach
- **Fond Ferdinand Nature Reserve**

Seychelles was the land of pirates once upon a time. The popular Côte D'Or beach, also known as Anse Volbert, is one of the longest and widest beaches on the northern coast of Praslin. Legend has it that French pirate Olivier Levasseur, nicknamed La Buse, had hidden yet-to-be-discovered treasures worth millions on Côte D'Or shores. .

Best Things to Do on Praslin



Go nuts literally!! Go on a hunt to take a Coco de Mer home as a souvenir!

Explore best beaches - Anse Kerlan, Anse Georgette, Anse Lazio & Côte D'Or

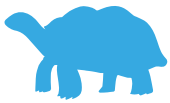
For nightlife chill out at Tapas Lounge Bar and Oxygen nightclub.

Friday Moutya night at Paradise Sun Hotel!

Golf on Seychelles' only 18-hole golf course @Lemuria Resort

Walks and trails

Art Galleries



Giant tortoises sanctuary on Curieuse island

SEYCHELLES HERITAGE FOUNDATION

Praslin Heritage Route

Activities

Diving

Fishing

Sailing

Golf

Snorkelling

Island Hopping

Curieuse
Anse Lazio
Anse Georgette
Anse Boudin
St. Pierre
Anse Possession
Zimbabwe
Anse Kerlan
Côte D'or
Amitie
Anse La Blague
Grand Anse
Vallée de Mai
Baie Ste. Anne
Fond Ferdinand
Anse Takamaka
Anse Consolation

Popular Places to Eat & Drink on Praslin

- Café des Arts
- PK's @ Pasquiere Restaurant & Gastropub
- Restaurant Paradisier
- Hotel L'Archipel
- Jenny's Bakery & Cafe
- Les Lauriers
- Coco Rouge
- Pirogue Restaurant & Bar

La Digue

La Digue is Seychelles' fourth largest island and a popular component of its tourism industry.

Long famed as the home of Creole tradition, culture and sleepy island ways, this island that Time itself has seemed to have forgotten, with its long, leafy lanes, quaint Creole architecture and the omnipresent bicycle as its chief mode of transport, for many represents the core values of a Seychelles holiday.

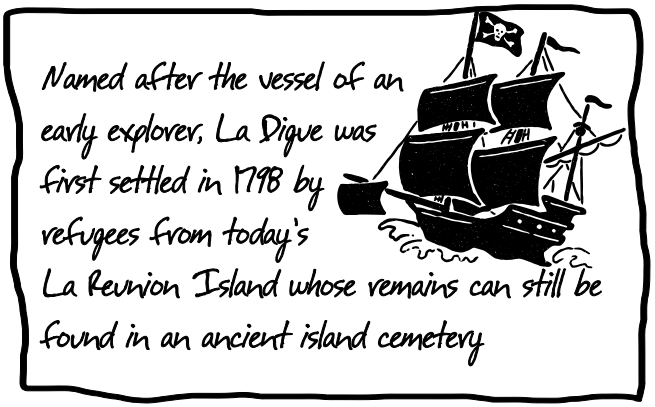
Ranked among the most-visited of all the Seychelles islands, wonderfully scenic La Digue, apart from being home to some of the islands' world-famous beaches such as Anse Source D'Argent, is also a biodiversity hotspot for some of Seychelles' rarest species of fauna, found nowhere else on the planet.

Full of delightful nooks and crannies where to get beneath the skin of our inspiring Seychellois Creole culture, La Digue is also a stepping stone to other, fascinating satellite islands: not-to-be-missed ports of call for those wishing for a taste of adventure both above and beneath the waves.

Anse Patates - La Digue

Main Attractions on La Digue

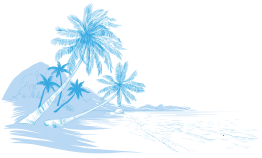
- **Anse Source d'Argent - one of the most photographed beaches in the world**
- Grand Anse, Petit Anse & Anse Coco - A series of adjoining picturesque bays
- **L'Union Estate**
- Veuve Natural Reserve



Best Things to Do on La Digue

Discover a secret beach at Anse Marron

Ile Cocos Marine National Park



Visit the best beaches- Anse Source D'argent, Grand Anse, Petit Anse & Anse Coco

Clear Crystal Kayaking- explore a cave, hike and discover nature!

Standup paddle-boarding

Hike to the island's highest peak - Nid d'Aigle (Eagles Nest)

Diving

For nightlife chill out at Tarosa's open-air bar/ restaurant, Reggae bar and disco at La Digue Community Centre

Rent a bike!

La Passe
Anse Banane
Anse Fourmis
Belle Vue
Veuve Reserve
Anse Reunion
L'Union Estate
Anse Cocos
Petite Anse
Anse Source
D'argent
Grand Anse

Popular Places to Eat & Drink on La Digue

- Le Repaire Italian Restaurant
- The Fish Trap
- Gala Takeaway
- Rey & Josh Cafe Takeaway
- Chez Jules

Grand Anse - La Digue

Nature

Flora, Fauna & Sustainability

The Seychelles Islands are shards cast into the ocean from the spectacular break-up of the ancient, super-continent of Pangea that eventually came to rest where we find them today – sanctuaries for super-rare species of flora and fauna many of which are found nowhere else on earth.

Settled for a mere 250 years and with today's tiny population of barely 100,000 people, Seychelles' magnificent islands are only now awakening from their slumber of ages as one of the finest examples of a natural Noah's Ark, and one of the great biodiversity hotspots of our planet.

Visionary conservation laws in place since decades have ensured that over half of Seychelles' landmass of only 450 km^2 has been set aside as nature reserves and marine parks while our wide network of walks and trails will allow hikers of all ages a fascinating window onto not only the surreal beauty of the archipelago, but also its fragile and mesmerising ecosystems.

The grand diversity of the Seychelles Islands includes no less than two UNESCO World Heritage sites: the fabulous Vallée de Mai, home to the equally enigmatic Coco-de-Mer that takes the precise form of the female pelvis and also Aldabra, the world's largest raised coral atoll.

The islands' treasure trove of natural wonders includes a spectacular assortment of endemic and indigenous species. Here alone on earth will you find the Jellyfish Tree, the Seychelles Paradise Flycatcher, the world's smallest frog, heaviest land tortoise, the Indian Ocean's only flightless bird as well as some of the most spectacular seabird colonies in the world boasting 13 species and 17 subspecies that occur here and only here. Other native reptiles include the freshwater terrapin, Seychelles tiger chameleon and several species of skink and gecko.

The fruit bat and sheath-tailed bat are the only mammals native to Seychelles while fascinating insects include the endemic grasshopper, five types of endemic stick insects and the tenebrionid beetle only found on Frégate Island.

Beneath the waves, it is much the same story where the exciting contrasts between the granite and coral reefs with their dizzying displays of reef fish, turtle, ray, shark and pelagics beckon to novice and experienced divers alike in places where as many as 800 different species have been spotted on just one dive!

Curieuse Island

Anse Lazio - Praslin

Sustainability

Today, Seychelles' ecological integrity remains intact thanks to its geographical position and isolation, providing the visitor with unique natural experiences of raw nature.

Sustainability is a massive subject that covers a broad spectrum of different areas such as the creation of marine protected regions currently being envisaged to balance demands for development with the need to protect the environment and unique biodiversity and also sustainable fisheries management to allow Seychellois and visitors to eat fish that has been caught sustainably.

Meanwhile, the Seychelles Blue Bond Project was presented at the recent Economist World Ocean Summit in Bali and has already been awarded with the 2017 Ocean Innovation Challenge. It involves the government issuing a blue bond valued at $15 million over 10 years with guarantees from the World Bank and the Global Environment Facility to support the transition to sustainable fisheries.

There are also several NGOs and other conservation bodies which are working hard in Seychelles' sustainability/conservation sector.

As a large oceanic state extremely vulnerable to the impacts of climate change and biodiversity loss, people throughout Seychelles are working hard towards preserving sustainably using natural resources.

Some of these organisations have programmes that visitors are able to get involved in to further enrich the quality of their stay.

'Sustainable Souvenirs' and Recycled Items

In line with this vision there are a number of local artisans engaged in producing a wide variety of goods from local materials and recycled products that very much capture the soul of sustainable Seychelles. These include items of clothing; jewellery; paintings and sculptures; beach-ware; objets d'art, souvenirs and certain Creole delicacies. You can find these in certain boutiques, in unexpected nooks and crannies of the islands and even online.

Happy hunting!

Seychelles Sunbird

Be sure to tick off sightings of these fascinating and rare flora & fauna during your stay.

Seychelles Blue Pigeon

Seychelles Bulbul

Bare-legged Scops Owl, once thought to have become extinct.

Carnivorous Pitcher plant

Coco-de-Mer

Tiny Seychelles Tree Frog

Jellyfish tree

Venns Town - Morne Blanc- Mahé

Culture

The most valuable thing Seychelles has to offer is its culture; the jewel in its crown which is a major attraction most people worldwide undeniably want to experience. Visitors travelling to the Seychelles travel to experience the places, artefacts and activities that truly represent the stories and people of the past and present.

Our heritage is very much coloured by the languages, customs and practices enriched from many continents; Seychelles has always been referred to as a melting pot of cultures that have not only brought with them their own customs and values but also their faiths and beliefs.

So, unquestionably, being a melting pot of traditions from all over the world, from its national heritage monuments, bustling markets, colonial-style mansions, museums and natural wonders, to the diversity of its arts and other cultural activities, Seychelles offers an Aladdin's cave of rich experiences for visitors to enjoy.

Language

French, English and Seychellois Creole are the official languages of Seychelles and though the locals are fluent in English, Creole is the most spoken by nearly everyone, 95% of the population. Seychelles' Creole is an adaptation of 17th Century French with other words and expressions coming from African languages and Malagasy. It is a language that has been elevated to national language status, earning the same respect as English and French.

Religion

For the world's smallest capital, Victoria, Mahé of Seychelles, there could be nothing more volatile than religious differences, yet it is where you will find a Roman Catholic and Anglican cathedral, a Seventh-Day Adventist Church, a mosque, a Hindu Temple, and halls of worship for several other denominations. All religions live in harmony, and it is not uncommon to witness a public walk organised jointly by several religions faiths.

Architecture

Seychelles' traditional architecture is practical in design and influenced by the island's colonial past. Distinctive in style, featuring wooden panelling, shuttered windows to catch breezes and steeped roofs to shoot rain, the typical 'grann kaz' is also usually wrapped around by a wide verandah with elaborate balustrades and an impressive set of steps aligned with its front door. To avoid flooding and to create extra ventilation most of these houses are set on raised dais and originally roofed with thatch from coconut trees.

These types of homes used to belong to elite plantation owners whereas the typical four-roomed wooden or corrugated iron house of the working class have all but disappeared; replaced by housing estates comprising of apartments and condominiums, multi-level homes. Many modern homes have adopted elements of

the traditional architecture, especially the most favoured, front verandah. A great example of this type of architecture is the Grann Kaz at Domaine Val de Près and La Plaine St. André at Au Cap.

Seychelles' architecture is an important part of its history and truly a unique cultural treasure.

History

Seychelles is a comparatively young nation which has only been established for a mere 250 years. Being a nation entirely surrounded by water it is only logical that its first settlement, which traces back to Ste. Anne Island in 1770, has been linked to activities of fearless seafarers. Although the islands were first inhabited by the French, Seychelles was well known to mariners many centuries before that.

Records note there were 27 men and one woman; they included a doctor, a carpenter and seven slaves. This new colony set about ecking out a living, exploiting the resources of timber and tortoises and using the islands as a staging post for

shipping slaves between Africa and Isle de France. Shortly afterwards a second colony was established in the south of Mahé to produce spices.

Even though the English too were mightily impressed, by all they saw, no attempt was made to settle the islands for another 160 years. Today these very islands have been transformed into a proper country, an independent nation of citizens who came from the four corners of the world to make their home.

Ile Sechelle, as the islands were then known, has become the Republic of Seychelles, with a democratic government, a national airline and a seat in the United Nations. Over these two centuries and a half, the country has seen French and British periods of occupation. Seychelles has been afflicted by the gloom of slavery and welcomed liberated slaves. It has lived periods of hardship but also witnessed years of great economic boom. Transformed into a major tourist destination and the tuna capital of the world, Seychelles has lived through Independence, a coup d'etat and a burst of development which has taken it to the top among African nations. Our country today is a melting pot of racial harmony and a recognised champion of the environment.

Each Seychellois holds the tale of Seychelles dear as it speaks of adaptation and increasing tolerance; of differences of origin, beliefs and welfares being collapsed to create mutual ground. Seychelles

continues to weave its strands of different roots with great care.

Traditional Music & Dance

Music is an essential element of culture. The dance and music of Seychelles is a cultural mosaic of different parts of the world which has had a significant influence on the island archipelago.

The sega is found in Seychelles, as it is on other Indian Ocean Islands, but the dance and music unique to Seychelles is the moutya - a dance seen by the old colonial authorities as so sexually brazen that it was banned.

Seychelles' moutya has been added to UNESCO's list of intangible heritage and it was a traditional dance that took place after a week of hard labour on the plantations. The workers would gather under the coconut palms and dance to the sound of the moutya drums.

The large flat drums are made from goatskin and heated over a fire to tune before being played.

It is the moutya that is most closely associated with the African heritage of the Seychellois people, but other African looking instruments also make up the musical heritage of the Seychellois sound: the one stringed zez from Madagascar, the bonm and the kaskavel.

All were played during the long warm starlit evenings on verandahs or by beach fires. The best players - and the best

parties - usually occurred on the outlying islands. Other dances such as the waltz, contredans, kamtole, sokwe and tinge are cultural imports from other cultures and adapted to fit the Seychelles way of life.

The sega was originally only danced to drums but nowadays the sega is a modernised version of the traditional dance, with fiddles, guitars and even synthesisers, but the drums and the tantalising hip-swaying movements of the dancers remain.

Cuisine

The most influential ambassador of any nation is its gastronomy. A complete typical Creole meal might comprise of unique components of different origins. Seychelles' cuisine harkings back to a time when its archipelago of over one hundred islands was settled by four corners of the world.

French cuisine was brought to the islands by the first settlers and later added to by English colonists and influences from immigrants from India and China, making Creole cuisine a melting pot of cultures. With them, they brought their legendary skills in the kitchen and aromatic blend of spices and herbs which they adapted to an island life where seafood was abundant from the surrounding seas.

Breadfruit Daube in coconut milk

Activities

The Ultimate Cocktail of Island Adventures ...

Apart from being a famous wedding and honeymoon destination and hosting some of the world's best beaches, that couples as well as families can enjoy. Seychelles is very famous for its unique treasures and it is an exciting destination not only for eco-tourists, naturalists and ornithologists but for children and families alike.

From its national heritage monuments, museums and natural wonders, to the diversity of its arts and other cultural activities, Seychelles is a treasure chest of varied escapades just waiting to be discovered, whatever your tastes and preferences for activities may be. Island-hopping is one of the most popular activities of Seychelles, making it a world-class haven and playground especially for lovers of the sea.

Family Adventures

One activity that the family can enjoy is scuba diving. Children as young as 8 years old can experience scuba diving with the PADI course called Bubblemaker for youngsters of eight years and above. Bubble Makers program gives your child the opportunity to scuba dive in shallow and calm waters with plenty of fish around them, such as in the Marine Park of Baie Ternay.

In total comfort and security and under direct supervision, this experience presents diving in a thrilling way. Otherwise, if your children are 10 and over, they can complete

the PADI Open Water Course. In all there are 12 PADI-approved dive centres in the Seychelles, so you can be sure to find one close to where you are residing.

All Day, Every Day at the Beach

Of course, you cannot leave without hitting the beach. The spectacular and famous Beau Vallon beach is home to several watersports which makes for a perfect activity-packed day by the sea; a wonderful way to enjoy the ocean and explore the hidden nooks and crannies of the coastline. Also, nestled in surrounds of tropical, indigenous forests, the islands' many nature sanctuaries offer experiences and activities that are once-in-a-lifetime dreams.

Early mornings and evenings are the best times to avoid the heat of the day as many beaches here get natural shade from foliage at these times of the day. The sea is calm most of the year making it great to swim or splash around at shallow tides while other more exciting watersports are on offer as most hotels offer the option of renting out paddleboards, kayaks or canoes.

This is a great way to explore and exercise out on the water so, if you have one, take a waterproof camera and your mask and see what marine life you can spot along the way.

Exploring Reserves, Parks & Heritage Sites

In Seychelles, tourism and biodiversity are already natural partners, with each one in need of the other. Seychelles' immaculate environment is the reason it is considered one of the best destinations around the world to have proudly mandated one-third of its ocean to be a marine protected area.

The beautifully kept Botanical Gardens are a spot you could spend several hours exploring endemic plants and trees of Seychelles, including the Coco-de-Mer. For a more in-depth discovery of the Coco- de-Mer and other indigenous palms and plants you could visit the Vallée de Mai, a UNESCO World Heritage site on Praslin, a great place for cool family walks under almost complete canopy coverage to protect you from the sun and rain. The paths are well-maintained, making it a rainforest experience even the youngest of family members can enjoy.

The magnificent Aldabra atoll is UNESCO'S second World Heritage site and the world's largest raised coral atoll with its population of some 150,000 giant land tortoises and many other treasures besides.

A great experience to be involved in would be feeding giant tortoises on beautiful Curieuse Island, easily reached from Praslin Island by boat, where you can arrange a day trip with a BBQ for a fantastic family day. Seychelles is well known for having the largest population of friendly giant tortoises which children and grown-ups will love to feed.

There is an enclosure for the baby tortoises there too – seeing them so small, it is hard to imagine that they will become as giant as they do!

Pitcher Plant

Island-Hopping. Stay on another island!

Explore our islands! Do not stop at Mahé, Praslin and La Digue, rather hop to as many other islands as possible.

Definitely on the list when you get to La Digue should be a visit to L'Union Estate which is a great operating museum where you can see a traditional working copra mill and kiln where coconuts were dried and pressed for oil. La Digue is also the place to go bike riding as we all know that La Digue Island is synonymous with bike riding. Once you arrive at the jetty in the small village of La Passe, there are many different spots where you can hire bikes. Several of these places will offer baby seats and tandem bikes, great for when the little ones get tired legs!

Discovering the Environment

Lush, dramatic landscapes, unspoiled nature, powder-soft white sand and crystal-clear turquoise water is what Seychelles represents; wild, rustic and unapologetically raw in its natural charm.

With coastal mangrove forests, splendid parks, nature reserves and a reincarnated Eden that is home to more than fifty endemic plants and trees, including the rare Coco-de-Mer palm, the Seychelles islands offer so much to explore. The many nature sanctuaries with their tropical forest surrounds exhibit the richness and wealth of the islands which also provide once-in-a lifetime activities to experience such as zip-lining and rock climbing. Seychelles is also proudly host to some of the most amazing

View point over Petite Anse

nature walks and trails in the Indian Ocean, with some islands walkable in just over an hour and others in much less and where it is easy to discover the exceptional biodiversity, castaway beaches and unspoiled marine national parks.

Hikes remain one of the most fun, spectacular and affordable ways to enjoy Seychelles' unique environment that is home to an amazing diversity of flora and fauna featuring some of the rarest species on the planet.

Perfect Your Swing

There are precious few places in the world that allow you to play this 'solo' sport in such sublime natural surrounds as the Seychelles Islands, home to impressive state-of-the-art golf courses. Surrounded by stunning mountainside and ocean vistas, golf becomes a near-surreal experience as you perfect your swing into a world of cobalt skies, swaying coconut palms and shimmering sapphire waters.

Whether you are a seasoned pro golfer or just a beginner, Seychelles offers the ultimate combination to sport, nature and unwinding.

Unique Shopping Experiences

Do what every tourist does: Shop! Take an afternoon trip to Victoria's Bazaar or the

Craft Village, which is a lovely spot to pick up authentic souvenirs made by brilliant local artisans. Also experience some true Seychelles culture and history! The original plantation house, The Grann Kaz, is open to exploration and there is also a replica of the servants' quarters called Lakaz Rosa. Both of these houses give a great insight into life in Seychelles in times gone by.

Nightlife

Dotted with bars, the nightlife will never disappoint the free-spirited looking for magical nights out.

Road from Anse Banane to Anse Fourmis

Accommodation

As if finding yourself immersed in the once-in-a-lifetime beauty of the Seychelles islands, is not enough, then imagine being able to stay in a wide choice of accommodation options.

Dotted among both the Inner and Outer Islands you will find accommodation ranging from the opulence of signature properties and major, international 5-Star brands to the authentic vibes of smaller, local hotels, guesthouses, self-caterings and island lodges – cocoons of true Creole flair from where to commence your very own Seychelles adventure.

Seychelles offers a choice of diverse places to stay, each one in its own unique setting and with its own particular window onto the islands' beauty - each one a variation on the common theme of the enviable, Seychelles-slow lifestyle and its timeless love affair with the islands' astonishing natural beauty.

For detailed information on accommodation in Seychelles, please visit the accommodation section of the ***www.seychelles.com*** website.

Outer / Inner Islands

A Banquet of Islands

The Seychelles Archipelago is a shimmering necklace of islands dotted between 4 and 10 degrees below the equator, lost since time immemorial in the azure immensity of the Indian Ocean.

The Seychelles Islands are divided between a cluster of granite islands and their satellites which, together, form the main, *Inner Island* group representing the epicentre of Seychelles' tourism industry.

Further afield, in an arc of remoter island groups that spreads south-west in the direction of the east coast of Africa, lie the surreally beautiful coral isles, sand cays and atolls of the five *Outer Island* groups – your destination for a vacation that is off-the-beaten-path, spectacularly beautiful and brim-full of once-in-a-lifetime adventures.

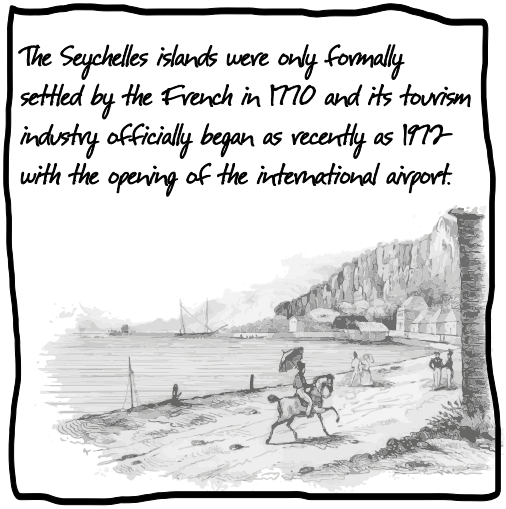
Transportation

Moving Between the Islands

There are several options to reach Praslin, La Digue or any private island in Seychelles. With reliable, systematic transport networks of air and sea, there are options operating from the main islands of Mahé, Praslin and La Digue which cater for most itineraries. Private charter options are also available if required to explore further afield.

On Your Own

Island hopping is one of the biggest activities of Seychelles and not many people realise that private boats can be hired to create the perfect getaway experience. Sailing within the Inner Islands is fairly safe, making for the best possible way of enjoying the many natural wonders of Seychelles; a memorable yacht cruising vacation. So whether you wish to take the opportunity to rent a



yacht on your own or sail your very own boat, taking to the ocean for several days and fishing for your own meals with or without the option of a guide or crew, is an opportunity that should not be missed.

The most beautiful bays, the best diving spots, reefs and other highlights will leave you with plenty of tales to tell, long after leaving our island archipelago.

Ferry It

Cat Cocos runs daily inter-island fast ferry services every day from Mahé to Praslin and La Digue. The trip between Mahé and Praslin is approximately 1 hour whereas Mahé direct to La Digue is approximately 1 hour 10 mins or 1 hr 30 mins (via Praslin). Check their prices and ferry routes and schedules here,
www.catcocos.com
www.seychelles.net/iif (Cat Rose)

Fly High

Commute by domestic flight which will only take you from Mahé to Praslin. Going beyond Praslin, you will then have to take private charter flights to outer islands within the Seychelles archipelago. Check their prices and schedules for flights here,
www.airseychelles.com

Taking the Chopper

By helicopter is another sure way to go to any of the islands in Seychelles; one of the best ways to do some luxury island hopping. ZilAir is the only private helicopter company that provides sightseeing and transfers between islands with tours that will fly you along the coastline and over the mountains. Their rides will give you an unforgettable experience of the Seychelles islands. Flights leave from Zil Air's base, next to the International Airport. Check prices, tours and schedules here,
www.zilair.com

Each island boasts its geography, character, history and unforgettable memories.

The journey is all yours. Safe travels!

Anse Severe - La Digue

Speak the Language: Handy Creole Phrases

Translating from English to Seychellois Creole is simple. The best thing about the dialect is that the words are written the way they are pronounced, phonetically.

Now that you are here in the Seychelles, learn some basic and essential common phrases which will come in handy to express queries and acknowledgements, during your trip.

You'll be chatting to the locals in no time!

Salutes & Chit Chat:

Basics:

No/Non

Please/Silvouple

Thank you/Mersi

Excuse me/Eskiz mwan

Yes/ Wi **I'm sorry/Pardon**

Today / Ozordi **What?/ Kwa?** **Go/Ale**

Who?/Lekel? **Why?/Akoz?**

When?/Kan **Where?/Oli?**

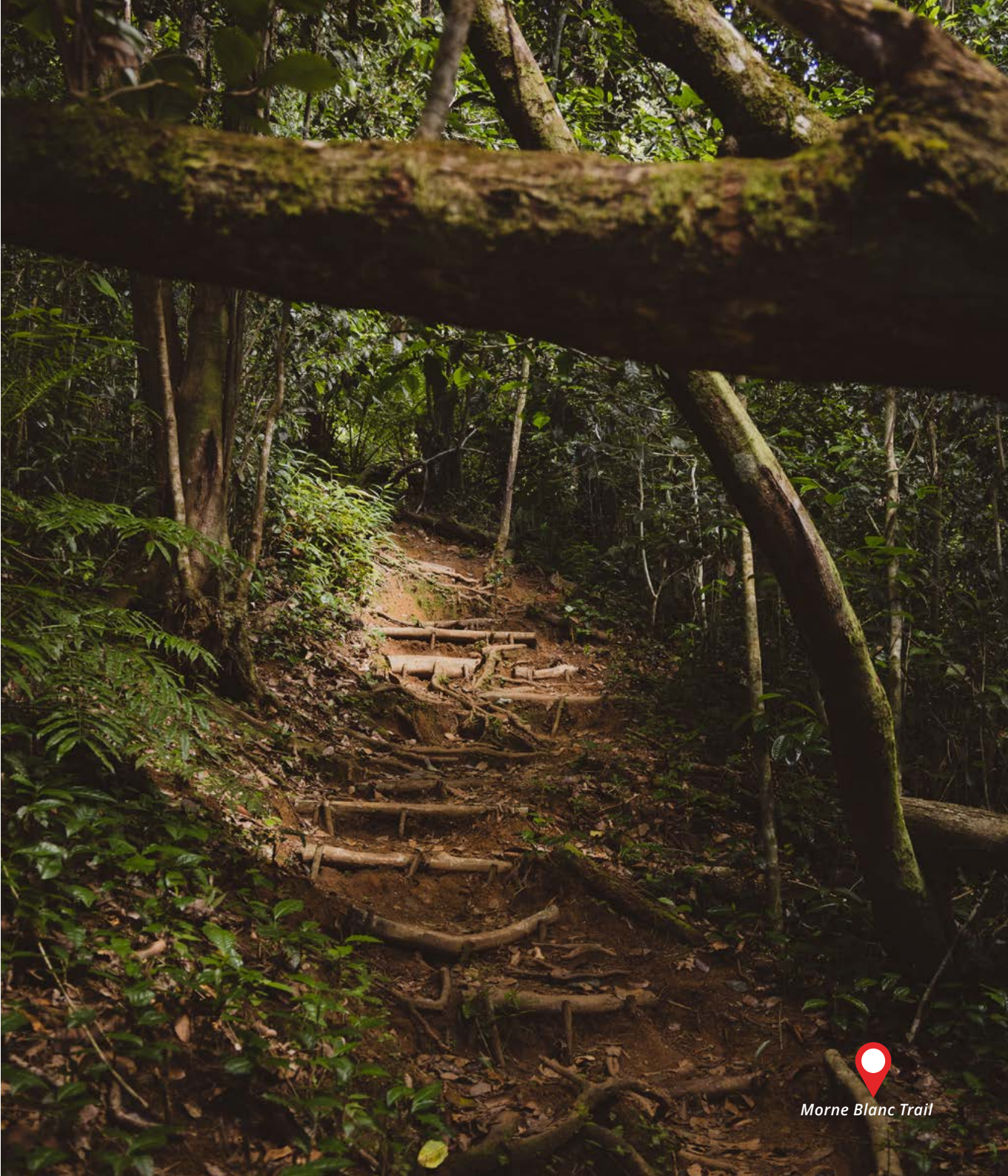
Stop/Arete

Tomorrow/Demen

Help & Information

How much is this? / **Konbyen sa?**
Where is [the toilet]? / **Oli [toilet]?**
Do you speak English?/ **Eski ou koz Angle?**
I don't understand / **Mon pa konpran**
I'm lost / **Monn perdi**
I'm sick / **Mon malad**

Hospital / **Lopital**
Hotel / **Lotel**
Car / **Loto**
Boat / **Bato**
Help! / **Ed mwan!**


Morne Blanc Trail

Anse Major

Beaches

Seychelles is an archipelago of 115 islands where every island has its signature shores, ranging from the liveliest to most secluded, romantic coves protected from prevailing winds.

Some stretch long, deserted and bordered with wild coconut trees while others are picture-perfectly blessed small half-moon strands with massive smooth boulders and navy-blue lagoons.

Endowed with so many beaches, you will never miss the chance to find your idea of the perfect beach. Here are some of the top ones!

ON MAHÉ

Anse Intendance

- Strands two-kilometres with impressive breakers ...
- Amazing turquoise waters.

Anse Royale

- 2km of powder-soft sand.
- Shallow bay waters perfect for family outings
- The stretch of small rock-fringed coves is an enchanting place for swimming and snorkelling.

Beau Vallon

- The liveliest beach of Seychelles, very much the place to see and be seen

- An icon of the archipelago

- A fantastic meeting place for visitors and locals alike

- Restaurants and bars line up the 3km comma-shaped bay

- Very much the beach for those wishing to do more than soak up the sun, its calm waters allow for a wide range of activities.

- Diving, fishing, kayaking, water skiing, jet skiing, parasailing

- Off the record sunsets

Anse Soleil

- A stunningly attractive bay, surrounded by large shady trees and decent for swimming and snorkelling.

- A very photogenic beach, popular for weekend beach picnics.

Carana Beach

- A wide sandy bay suitable for swimming, where the waves are large, but safe to go beyond the breakers to the calmer deep blue waters beyond.

ON PRASLIN

Anse Georgette

- A fine sandy beach bordered by lush vegetation

- Accessible through a scenic 1-hour trial or by staying at Constance Lemuria Resort

Cote D 'or / Anse Volbert

- The beach with the most booked resorts and beach hotels.

- Enjoy the most memorable sunrise and sunset walks.

- A great spot for taking vacation photos infront the most famous set of bent palm trees in front of Galerie Passerose.

Anse Lazio

- Its sapphire waters and silver sands conspire to present a timeless dreamscape to sun-worshippers.

- Pleasant for swimming year-round with schools of multi-coloured fish awaiting you.

- The poster beach of the island.

- Easily accessible from the main tourist strip.

- Booking the Crystal Kayaks tour, which will make a stop at the amazing Anse Pierrot (Robinson Crusoe Beach).

Anse Lazio- Praslin

Anse Source D'Argent
La Digue

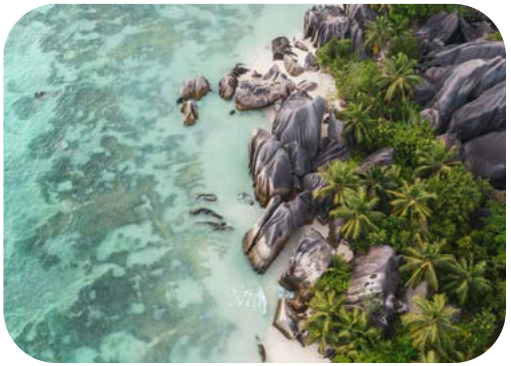
LA DIGUE

Grand Anse

- An intimate beach.
- Shores, fringed by a swaying string of coconut trees.
- Conceals ancient ruins now serving as natural swimming pools.
- A great beach for confident swimmers, as waters are deeper.
- Near some great hiking trails.

Anse Coco

- A secluded beach reached by a hike by a short nature trail hike.
- Features a unique swimming spot, Anse Cocos rock pool.



Anse Source D 'Argent

- One of Seychelles' busiest beaches. A picture perfect beach known for its incredible granite rock formations, fine white sands and dappled turquoise waters.
- Ranking amongst the world's top 10 beaches

OTHER POPULAR BEACHES

MAHE - Anse Major, Petite Anse, Port Launay, Anse Gaulette, Port Glaud, Anse Takamaka

PRASLIN - Anse Kerlan, Île Cocos

LA DIGUE - Anse Marron

SILHOUETTE - Anse la Passe

CURIEUSE - Anse St. Jose

COCO ISLAND - Coco Island beach

Port- Launay - Mahé

Traveller's Tips

CLIMATE

Temperatures range between 24° and 32° Celsius all year round. The year is divided between the northwest trade winds (December-March), when it is generally hot and humid, and those of the southeast (May-September), when it is drier and cooler. March, April, May, October and November are normally calm and relatively windless.

DRINKING WATER

Tap water on Mahé and Praslin is safe and drinkable. However, when visiting the other islands it is advisable to drink bottled spring water.

SAFETY AND VALUABLES

Seychelles is a safe destination, but it is advisable to be cautious. Be advised not to flaunt large sums of money or other high-value items. Rather make use of your room or the hotel safes.

ELECTRICITY

Throughout Seychelles the voltage is 220-240 volts AC 50 Hz. Seychelles uses the British standard square three-pin, 13 amp sharp electric plug. Visitors from countries other than the United Kingdom are advised to bring their own adaptors.

COMMUNICATIONS

Competing GSM networks operate with full international roaming agreements with most countries. Internet service providers, internet cafés, postal and courier services are located in central Victoria with postal services and internet cafés also available on Praslin and La Digue. A sim card can be purchased upon arrival at the airport from both telecommunication providers of the islands.

CURRENCY

The local currency is the Seychelles Rupee (Sr) made up of 100 cents. Notes come in denominations of Sr25.00, Sr50.00, Sr100.00 and Sr.500.00 and coins from Sr10.00, Sr5.00 downwards. Seychelles accepts all major currencies. Traveller's cheques are accepted at all banks.

CREDIT CARDS

MasterCard/Access and Visa Cards are widely accepted in Seychelles. American Express and Diners Club to a lesser extent.

LANGUAGE

Seychelles has three official languages English, French and Creole.

ENTRY FORMALITIES

No visas are required to enter Seychelles. Documents required for immigration clearance are:

- A valid passport
- Travel Authorisation (TA)
- Health Travel Authorisation (HTA)
- Return or onward ticket
- Confirmed proof of accommodation
- Sufficient funds for the duration of your stay
- Negative PCR test result
- Vaccination Certificate (not older than 6 months)
- Valid travel and medical insurance

Presentation of the above documents grants you a Visitor's Permit, issued upon arrival by the Seychelles Department of Immigration and valid for a maximum of one month. An extended stay is available upon application to the Department of Immigration.

*Application for the (TA) and (HTA) are essential documents for travel and and will be required at check-in counters. Applications must be submitted for approval at: seychelles.govtas.com.

HEALTH MATTERS

A valid yellow fever vaccination certificate is required from travellers over 1 year of age who come from or who have passed through a partly or wholly infected area (South America and Africa but excluding South Africa) within the preceding 6 days. There is NO risk of contracting malaria or yellow fever in Seychelles. Health clinics exist on the islands of Mahé, Praslin and La Digue and there are dispensaries on each of the islands offering accommodation.

RELIGION

Most of the population is Roman Catholic, with Anglican and other Protestant churches on Mahé, Praslin and La Digue existing in harmony alongside Muslim, Hindu and Baha'i communities.

HOURS OF BUSINESS

Office hours are between 0800hrs and 1600hrs. Many shops outside the Capital remain open until 2100hrs.

BANKING HOURS

Banking hours are generally Monday-Friday 0830hrs - 1430hrs. All banks process traveller's cheques and foreign exchange transactions. Passports are required for visitors' transactions and nominal commissions may be charged. ATM facilities exist at major banks on Mahé, Praslin and La Digue and at the airport on Mahé and Praslin. Please note that these provide cash in local currency.

SHOPPING

Shops are open from 09h00 to 16h00 on weekdays and from 08h00 to 12h00 on Saturdays. Most shops in Victoria are closed on Sundays and public holidays.

TIME DIFFERENCE

Seychelles is 4 hours ahead of GMT, 3 hours ahead of British summer time and 2 hours ahead of European summer time.

TV, RADIO AND NEWSPAPERS

Local TV, 'Seychelles Broadcasting Corporation (SBC)', is broadcasted in Creole, French and English with broadcasts from several other international TV chains such as Aljazeera, BBC, TV5 Afrique, etc...

Radio stations, 'Paradise FM' and 'Radyo Sesel', broadcast to Mahé, Praslin, La Digue, Silhouette and the Inner Islands. 'Pure FM,' the first commercial radio station, and 'K-Radio' also broadcasts to local audiences as well as the Seychelles diaspora through live stream.

The 'Seychelles Nation' is a morning newspaper that appears Mon-Sat and is available in English, French and Creole. Political party publications 'The People' and 'Le Nouveau Seychelles Weekly' are published weekly. 'Today in Seychelles' is an independent newspaper which appears daily Mon-Sat with a special weekly Sunday edition titled 'Ozordi Dimans', whereas 'Le Seychellois Hebdo' is published weekly.

FOREIGN EXCHANGE REGULATIONS

Visitors to the islands may make payments for services/products in any currency including Seychelles rupees. The discretion to pay in another currency other than the Seychelles rupee shall lay solely with the visitor. Exchange rates will be determined by the market and may differ from bank to bank or at various bureau de change.
The computed traded exchange rates are featured on the Central Bank of Seychelles website, in the Nation newspaper, and are also available at all banks.
Exchanging foreign currency into Seychelles Rupees must only be done at banks, with authorized money dealers such as a bureau de change, or with other licensed operators.
Visitors should refrain from exchanging money with any individuals who approach them in a public place as there is a very high possibility that those persons are engaging in unauthorized dealing, possibly with counterfeit currency.

Seychelles - Important Contacts

Seychelles Tourist Offices & Representatives Worldwide

HEADQUARTERS
Seychelles Tourism Department
P.O. Box 1262 • Botanical House • Mont Fleuri
Mahé • Seychelles
Tel: (+248) 4 671 300
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Mobile: (55) 11 99627.3160
E-mail: gisele@globalvisionaccess.com

Red Sea

Gulf of Aden

Indian Ocean

Mahe Island

Amirante Isles

SEYCHELLES

Coetivy Island

Aldabra Islands

Farquhar Group

Cosmoledo Is. (Seychelles)

BIRD ISLAND

DENIS ISLAND

ARIDE

PRASLIN

CURIEU

NORTH

COUSIN

COUSINE

SILHOUETTE

STE. ANNE

MOYENNE

ROUND

LONG ISLAND

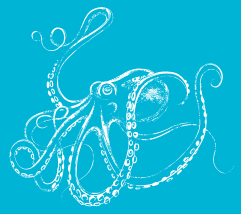
CERF

EDEN ISLAND

CONCEPTION

THERESE

MAHE



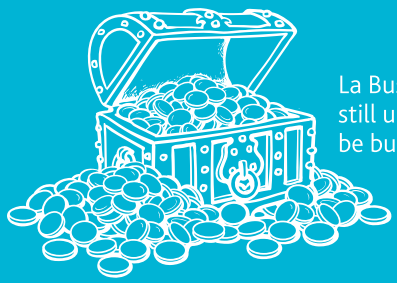
ALDABRA GROUP

ALDABRA ATOLL

COSMOLEDO ATOLL

ASSUMPTION

ASTOVE



La Buse treasure
still undiscovered, believe to
be buried on Mahé @ Belombre

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SISTERS ISLANDS
ST. PIERRE
CHAUVE SOURIS
COCO ISLAND
FELICITE
MARIANNE
LA DIGUE
FREGATE
INNER ISLANDS
BIRD
DENIS
PRASLIN
CURIEUSE
NORTH
LA DIGUE
SILHOUETTE
STE. ANNE
MAHE
AMIRANTES GROUP
AFRICAN BANKS
REMIRE
D'ARROS
ST JOSEPH
POIVRE
DESROCHES
MARIE LOUISE
DESNOEUFS
SOUTHERN CORAL GROUP
PLATTE
COETIVY
ALPHONSE GROUP
ALPHONSE
BIJOUTIER
ST. FRANCIS
FARQUHAR GROUP
ST. PIERRE
PROVIDENCE
FARQUHAR ATOLL

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the Seychelles islands Another world