

travel counsellors



— GUIDE TO —

Seychelles



INSIDER GUIDE TO SEYCHELLES

Seychelles

The Republic of Seychelles comprises a group of 115 islands scattered like jewels across a stretch of the Indian Ocean east of Kenya. The seductive charm of the islands lures all comers with its unimaginably pure turquoise waters and immaculate coral reefs backed by verdant rainforests conjuring images of utopian island paradises only dreamed of in faraway novels.

Discover more about this exotic wonderland with our destination guide showcasing the highlights of the islands and little-known hints and tips to ensure you make the most of your dream Seychelles getaway.

Population: 94,205

Capital: Victoria

National Anthem: Koste Seselwa

Currency: Seychellois rupee

Official Language: Creole, English and French

Average monthly temperatures:

JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEP	OCT	NOV	DEC
27	28	28	28	28	27	26	26	26	26	27	27

Interesting facts...



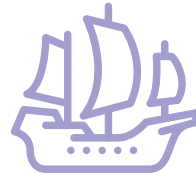
Home to the heaviest and oldest land tortoise living in the wild.



Victoria is the smallest capital city in the world



James Bond author Ian Fleming used the islands as inspiration for his stories



First settlers arrived at the islands in the 18th century

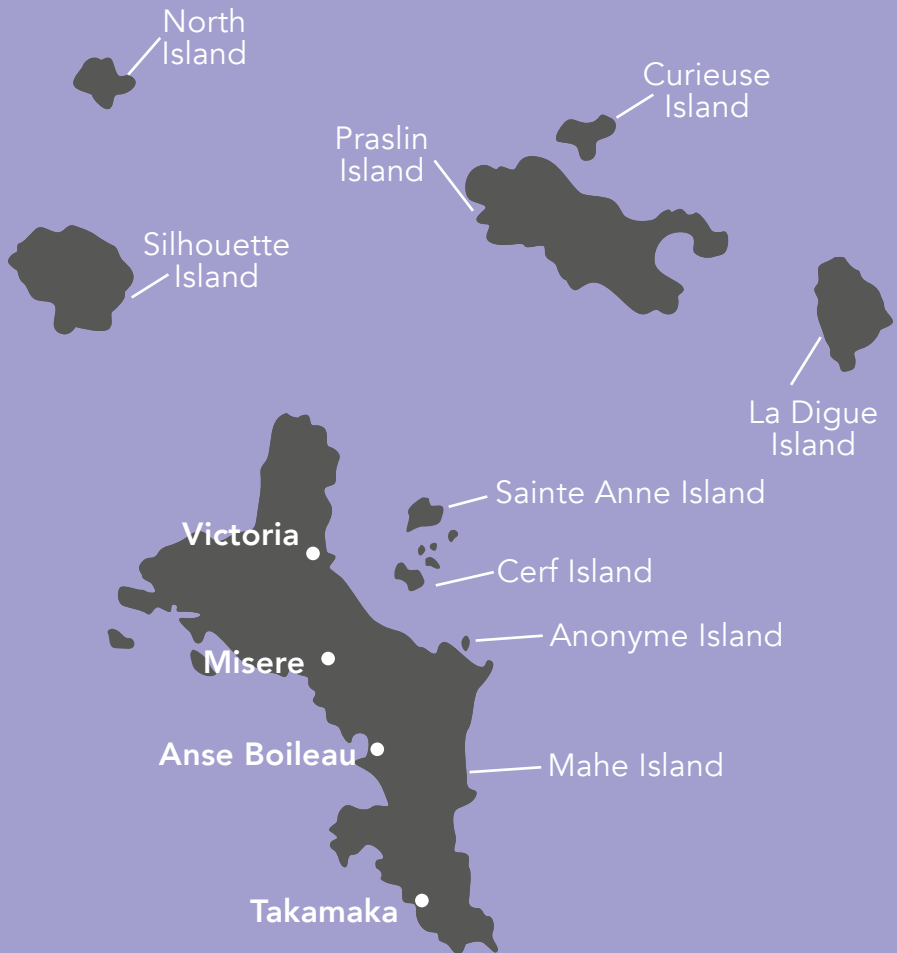


Moyenne Island is believed to be haunted by a spirit guarding buried treasure



Almost half of the Seychelles landmass is occupied by national parks and reserves

Seychelles



Our 4 Favourite Sights

Wondering what there is to see and do in the Seychelles? This pristinely well-preserved archipelago contains marine sanctuaries and untapped jungles primed for scuba diving, snorkelling and fishing, as well as hiking, bird-watching and rock climbing amongst the various granite peaks as part of an all-encompassing nature lover's playground.

Visit historical architecture and luscious botanical gardens in Victoria

Also situated on Mahé is the Seychelles capital, Victoria. The city is unique in the Seychelles for being the only seaport in the country, while an array of cultural and historical attractions elevates it to must visit status when holidaying on the island.

Seychelles National Botanical Gardens will be top of the excursion itinerary for all flora and fauna enthusiasts, seeing the century old gardens incorporating 15-acres of native and exotic plants with giant tortoises, flying foxes and more calling it home. Intriguing structures adorning Freedom Square includes St Paul's Cathedral and the affirming symbolism of the three pairs of bird's wings statue at Rond-Point de l'Indépendance to mark the country's origins of population.



Explore the alluring sands of Beau Vallon

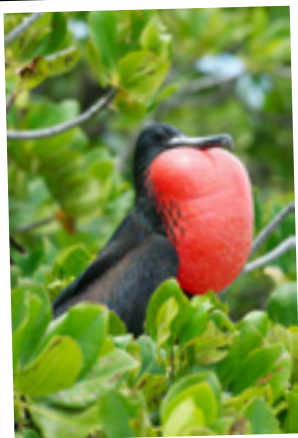
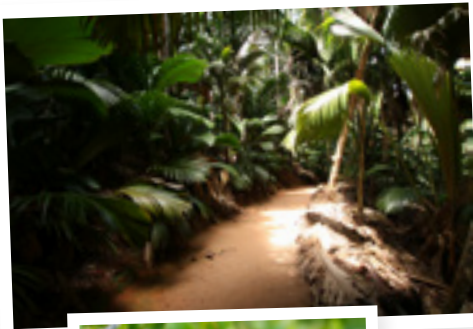
Seychelles beaches are renowned worldwide, arguably none more so than Beau Vallon beach on the northwest coast of the country's largest island, Mahé.

The alluring horseshoe shaped stretch of crystalline white sands is particularly popular with families due to calming seas and lifeguard patrols, while the clear waters and abundance of coral reefs offer several great diving and snorkelling spots. A smattering of both boutique and several larger hotels fringe the shoreline, with views over to mountainous Silhouette Islands on the horizon making for a tranquil tropical base.



Discover a prehistoric forest at Vallée de Mai National Park

A UNESCO World Heritage Site and an exhilarating demonstration of Seychelles credentials as a rarefied tropical haven. Situated on Praslin Island, this prehistoric forest infuses intrigue at every turn as visitors uncover over 4,000 examples of the giant coco de mer fruit palm unique to the country, vanilla orchids, palmiste and latanier making up a veritable natural haven for photographers and birders. A marked natural trail takes up to two hours to complete and provides the chance to see rare species in their own habitat.



Glimpse traditional island life on La Digue Island

The fourth largest island in the Seychelles archipelago combines the region's provision of natural spectacles with an insight into island existence. Bicycles and oxcarts are standard forms of transport on an island consisting of Anse Source D'Argent as a striking vista of sand and sea specked by groups of granite rocks climbing out of pristine white sands, while a range of sightseeing attractions includes vanilla plantations, Creole houses and rock climbing areas.



TC Recommended: Seychelles

Read more about our Travel Counsellors' recommendations for a unique experience in the Seychelles:

Travel Counsellor Amanda visited Mahe, Praslin, La Digue and Silhouette islands and describes the Seychelles as magical:

"The main Island of Mahé is the largest island in the archipelago and the gateway to the Seychelles. Our first port of call was The Savoy Resort & Spa situated on Beau Vallon beach, which was followed by a stay in The Hilton Northolme Resort and Spa, The Banyan Tree (both stunningly beautiful) and my favourites being the Constance Ephelia, offering great family accommodation and facilities, and Carana Beach hotel. This was a perfect island for eco-tourists who will marvel at its unspoilt nature.

The second largest granitic island of the Seychelles, Praslin is the perfect base for an island-hopping adventure. We took a guided tour of the Vallée de Mai, a fascinating and worthwhile departure from the beach. From Praslin, we took a short ferry ride to La Digue. Attractions on La-Digue include the Union Estate, a park full of history, culture and adventure, and of course, the famous Anse Source d'Argent: the most photographed beach in the world.

If you're thinking of visiting The Seychelles, consider visiting two or three of the islands, and experience the beauty of the beaches and the warmth of the people. I can't recommend it enough!"



Travel Counsellor Nicki stayed at Hiltons Labriz resort on Silhouette Island and praises the dining experience:

"What an incredible island Silhouette Island is, just a 30-minute boat ride from the mainland Mahe.

The island is a National Park and the third largest island in the Seychelles, however on a very small part of it you will find Hiltons Labriz resort, the only resort on the island. We stayed in a King Beach Villa with its own private beach and outside shower. Sat on the decking at night listening to the crashing waves was incredible, such a tranquil place.

Our dining experience was first class in each of the seven restaurants in the resort, which was such a child friendly place. We travelled with our two and four-year-old children who loved the jungle kids club, where they would go on trips to feed the fish, build sandcastles on the white sandy beaches or have a mini disco party in the evening.

The resort offers so much more than most islands, from trekking in the rainforest and beach yoga to learning how to cook Creole style or relaxing in the amazing spa, we absolutely loved this resort."

Travel Counsellor Daryl stayed at Constance Ephelia Resort has visited multiple Seychelles locations during his stay:

"We stayed at Constance Ephelia Resort in a Junior Suite in a room with great views of the ocean.

Situated on two of the most beautiful beaches on the island of Mahé, overlooking the marine national park of Port Launay, Constance Ephélia enjoys a unique location set within 120 hectares of land with luxuriant and rare vegetation.

Our short time in La Dique was brilliant. It is the third largest island in Seychelles. We would certainly go back again and spend longer time. Transport is by bicycle or ox and cart. I thought this was a great way to get around the island. I found the people to be very friendly and it's a very safe place to walk around, even at night time.

Seychelles enjoys a pleasant tropical climate all year long. The islands lie outside the cyclone belt and there are no extremes of weather. The temperature seldom drops below 24 degrees or rises above 33 degrees Celsius. Between the months of October and May the sea is generally calm and the weather hot and humid. This is the best time of the year for diving and other water sports. However short-lived tropical downpours can occur at any time of the year."

Try something a little different...

Fly fishing and scuba diving

Seychelles' plentiful array of beautiful beaches and calm, clean, coral reef filled waters makes for a great destination for flying fishing and diving. Whether it's your first time scanning the ocean waters for rare fish or you are a seasoned angling pro, water based pursuits on the islands are perfect for active families, groups of friends, or honeymooners looking to create memories using the Indian Ocean and its cradling of many forms of global marine life. The best conditions for fishing can be found on Alphonse Island, while scuba divers and snorkelers may want to visit the Seychelles during April thru May and October thru November when visibility is at its peak on offshore sites.



Island hopping

If you have enough time then island hopping between the many beautiful islands found in the Seychelles is without doubt the best way to experience the country. Many travellers begin with the largest and most developed of the islands in Mahé, where the largest selection of resorts and activities can be found, before moving onto other smaller inner islands clustered nearby such as Praslin and La Digue, containing the incredible Vallée de Mai UNESCO World Heritage Site and one of the world's rarest birds in the black paradise flycatcher respectively.



Take a boat trip to Curieuse, Cousin Island and St Pierre

Bird watchers and wildlife lovers will find boat trips visiting these Seychelles islands, each offering you the unique opportunity to explore the diverse wildlife and marine creatures inhabiting the islands. Curieuse Island's enduring attraction are the giant tortoises inhabiting the area, while you will also get the chance to the illuminating preserved mango forest. Cousin Island represents one of the world's most successful conservation efforts as a carefully crafted vibrant island ecosystem where visitors can experience rare bird populations, reptiles and wonderfully restored native vegetation. St Pierre's islet gives everyone a chance to cool off by diving into some of the nation's finest reefs for spotting rare marine life.



The Morne Blanc walking trail

Hiking or walking on Mahé represents a great way to discover the magical mists of the island's forests atop Morne Blanc as the highest mountain on the island. A swift 45-minute climb along this well-maintained trail featuring jungle segues into luscious moss and ferns, rewarding you with a viewing platform overseeing panoramic views of Mahé's west coast and Port Launay Marine Park.

Taste

Fusions of international gastronomy blend with traditional ingredients to create Seychellois cuisine, with prominent components including fresh fish, fruits and a variety of spices, while many dishes are often garnished with flowers as a symbol of the country's effusive charm.

Here are a few specialties we think you should try:

Octopus curry in coconut milk

Nearly every island celebration will likely have this seafood based treat on the table. Every family has its own methods for cooking this staple dish, blending boiled and diced octopus with coconut milk and curry powder for a discerning Seychelles delicacy.



Grilled fish

Referred to in Creole as pwason griye, grilled fish is another Seychelles staple that's a must try for fans of seafood. Preferred as a fresh catch in many restaurants, this local favourite is commonly served in the form of the 'red snapper' or 'rabbit fish' and is often cooked with chilies in a hot oven, so proceed with caution if you prefer less spicy options.



Ladob

If you aren't too fond of fish dishes then fear not. Ladob is a dish comprised solely of sweet potatoes, breadfruit and ripe plantain with additions of coconut milk, nutmeg, sugar and vanilla, which can be enjoyed as a dessert or savoury option.



Banana in coconut milk

Dessert options for the sweet-toothed include the ladob banann, a must-try dish if ripe plantain cooked with coconut milk and sugar sounds tantalising.



Baka

An alcoholic drink prominent throughout festivities and made from sugarcane liquor, it will be difficult to visit the islands without at least taking a sip.



Chatter with the locals

The official languages of Seychelles are Seychellois Creole, English and French. While you should get by without speaking the French-based creole language, it is spoken by a large proportion of the population.

We've collated some useful creole phrases to use on the islands if you want to blend in with the friendly locals even more!

English

Hello

.....

Goodbye

.....

Thank you

.....

Please

.....

Yes

.....

No

.....

How are you?

.....

My name is...

.....

Where is the toilet?

.....

Creole

Allo

Orevwar

Mersi

Silvoupè

Wi

Non

Komman sava?

Mon apel...

Oli toilet?

Spending money

Wondering how much spending money you'll need for your travels to Seychelles? To help you plan your trip, here's a rough guide to the cost of some of the things you might be buying whilst you're there!



SR 2,022

€130

Double Room
in a hotel or
guesthouse



SR 622

€40 Euro

Renting a car
for the day



SR 725

€45

Three course meal
for two people



SR 45

€3 Euro

Domestic beer



SR 388

€25

1-hour taxi



SR 1,275

€82

Ferry to Praslin



SR 1,477

€95 Euro

Twin tank diving
on Mahe Island



SR 7,500

€480

Private boat
and fishing
excursions

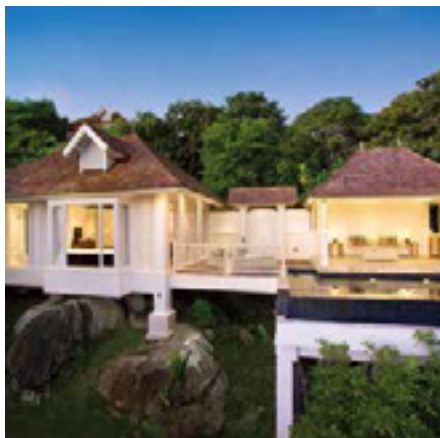
Where to stay...

We asked some of our Travel Counsellor's for their recommendations and here's what they had to say!



Banyan Tree Seychelles

Sublime views of the Indian Ocean combined with native Takamaka trees makeup this tranquil retreat dramatically raised above Intendance Bay, Mahé, one of the world's most renowned beaches. Colonial charm and rustic design seamlessly aligns with its surrounding natural elements, from which you can enjoy award-winning Thai cuisine at Saffron, an infinity pool set to a turquoise-hued ocean backdrop, and varied room options providing either ocean or beach focused views, while the Intendance Bayview Pool Villa lets you drift off to sleep to the sound of the waves caressing the rocks.



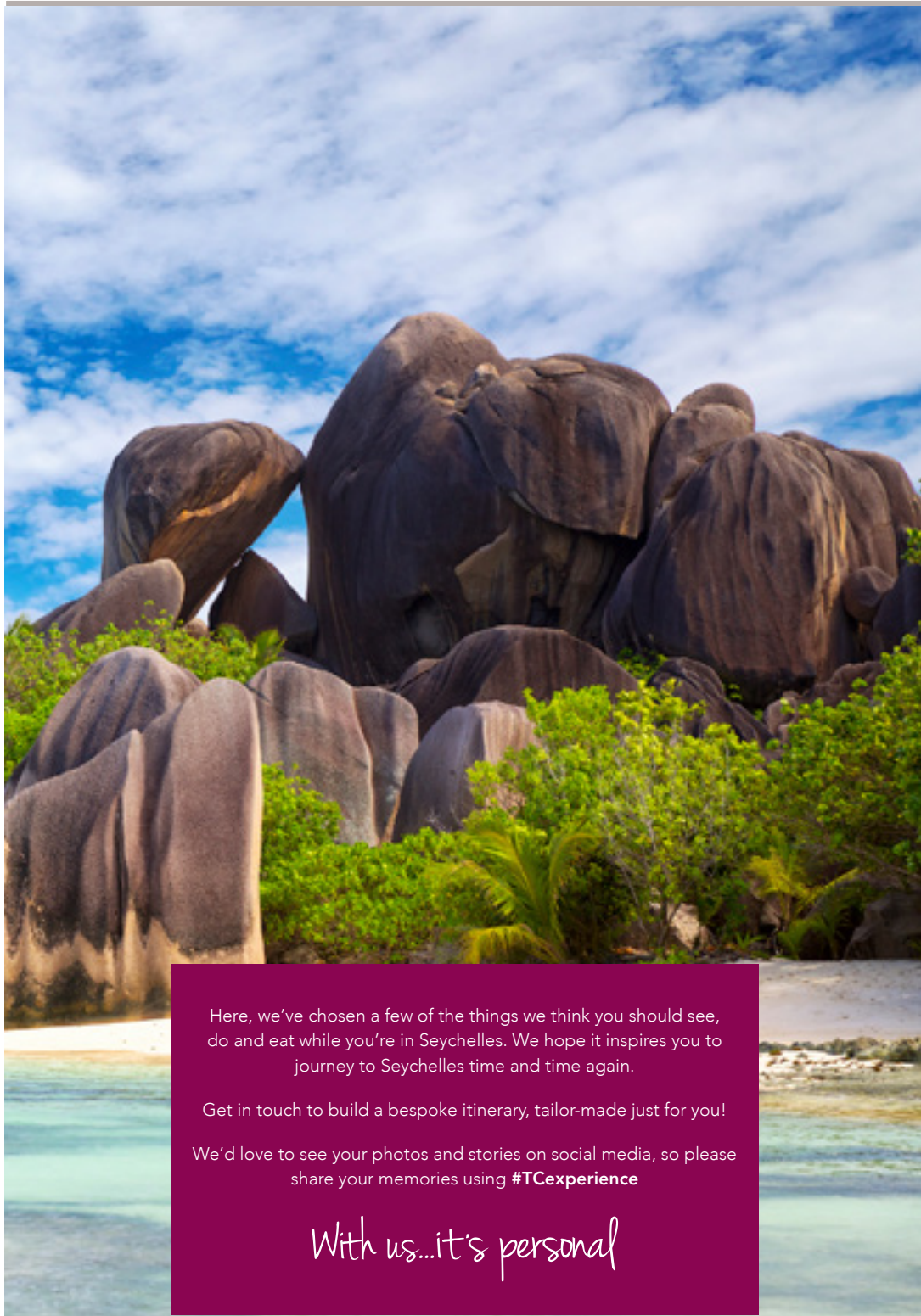
Constance Lemuria

An unrivalled golfer's paradise can be found at Constance Lamuria. With its 18-hole championship golf course on-site being an exclusive Seychelles experience. Fully renovated and re-opened towards the end of 2016, a contemporary approach to design and quality ensures the hotel lives up to the expectations of guests looking for the ultimate in luxurious island getaways. World famous diving sites and a Constance Kids Club ensures all guests are well catered for, with cocooned comfort aligning with warm preservation across the elegant suites and villas creating a memorable sanctuary on coastal Mahé.

Constance Ephelia

Mahé's Constance Ephelia is located near the marine national park of Port Launay, where you can unwind within 120-hectares of verdant vegetation and access two of the finest beaches on the island. Spacious modernity abounds within suites and villas encircled by leisurely lagoons and stunning landscape views, while private beach dinners and a wide range of treatments at the rejuvenating U Spa make the resort a truly memorable Seychelles serenade of rejuvenation and pampered exclusivity.





Here, we've chosen a few of the things we think you should see, do and eat while you're in Seychelles. We hope it inspires you to journey to Seychelles time and time again.

Get in touch to build a bespoke itinerary, tailor-made just for you!

We'd love to see your photos and stories on social media, so please share your memories using **#TCexperience**

With us...it's personal