

Personal Seychelles eBrochure for Mr. John Smith

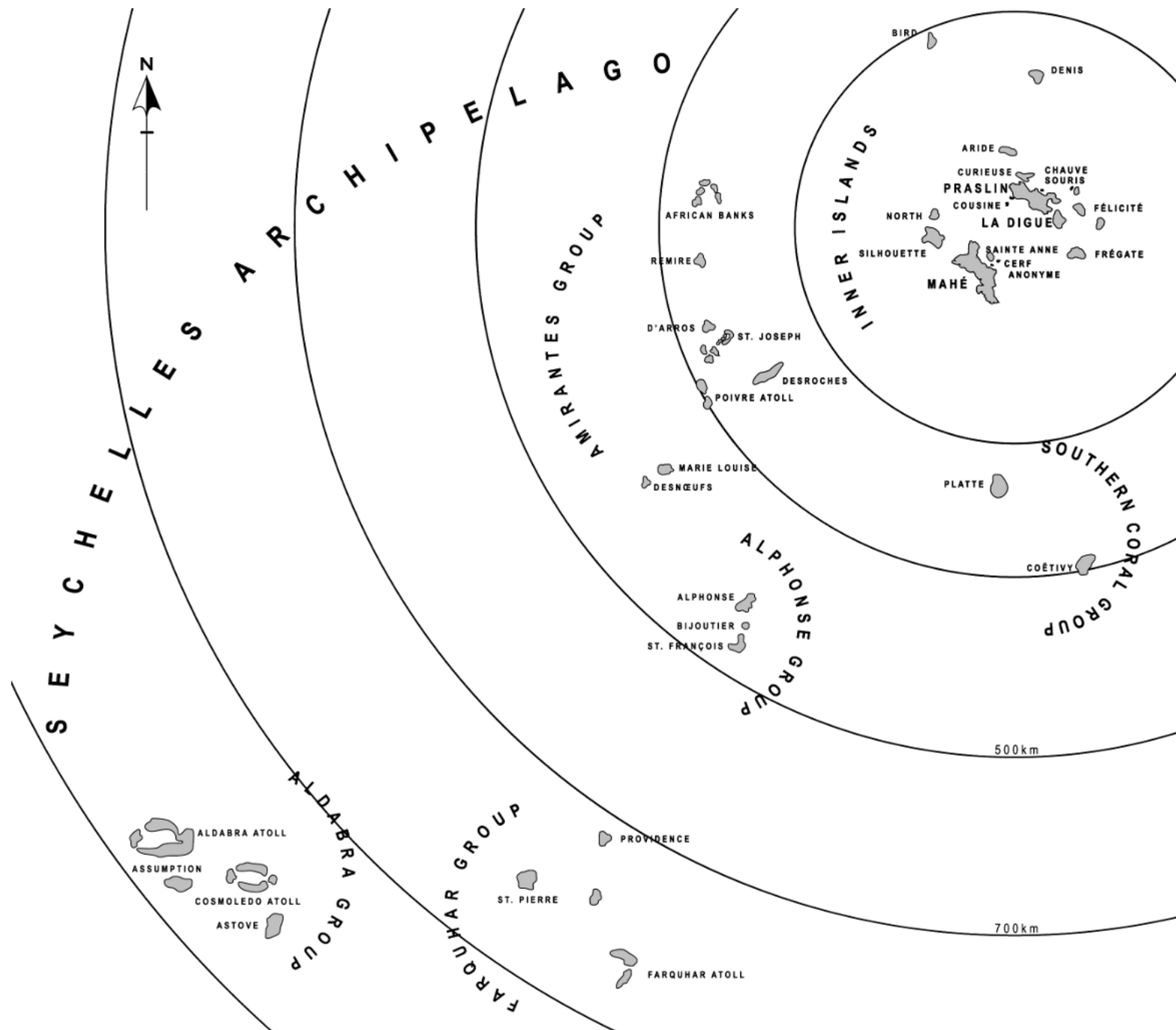
This is your freshly made Seychelles eBrochure. We hope that you will find it helpful in planning your holiday to our Islands, where we promise you will experience Another World...

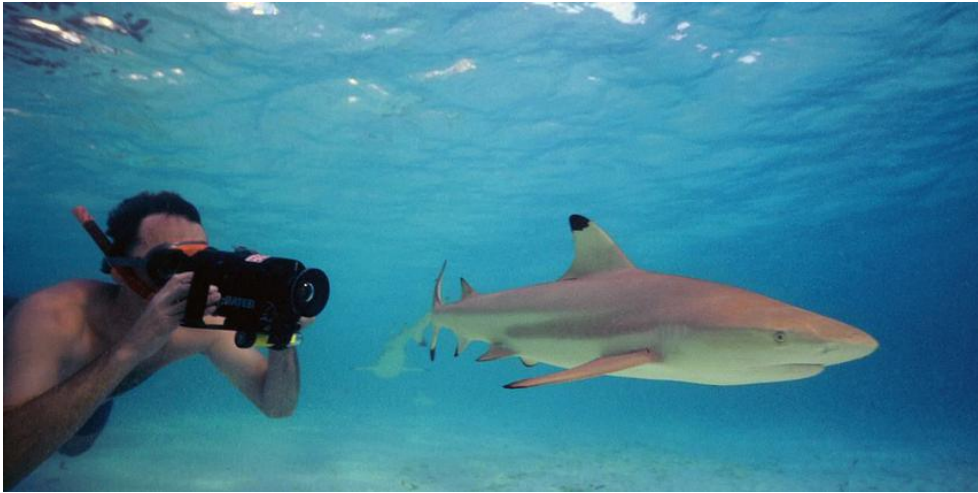


the seychelles islands
another world

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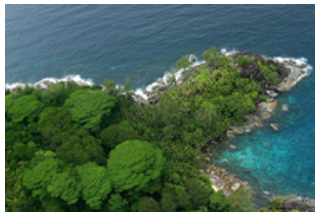
About Seychelles

The Republic of Seychelles comprises 115 islands occupying a land area of 455 km² and an Exclusive Economic Zone of 1.4 million km² in the western Indian Ocean. It represents an archipelago of legendary beauty that extends from between 4 and 10 degrees south of the equator and which lies between 480km and 1,600km from the east coast of Africa. Of these 115 islands, 41 constitute the oldest mid-oceanic granite islands on earth while a further 74 form the low-lying coral atolls and reef islands of the Outer Islands.

The granitic islands of the Seychelles archipelago cluster around the main island of Mahé, home to the international airport and the capital, Victoria, and its satellites Praslin and La Digue. Together, these Inner Islands form the cultural and economic hub of the nation and contain the majority of Seychelles' tourism facilities as well as its most stunning beaches.

This section provides comprehensive information about the geography, climate, history, society, government, people, language, religion, culture, cuisine, recipes, arts, architecture, folklore, flora and fauna of Seychelles, and the 6 island groups that, together, make up Seychelles' Inner and Outer Islands and lastly about investing in Seychelles.

Geography



Seychelles' 115 granite and coral islands extend from between 4 and 10 degrees south of the equator and lie between 480km and 1,600km from the east coast of Africa in the western Indian Ocean.

This Indian Ocean republic occupies a land area of 455 km² and an Exclusive Economic Zone of 1.4 million km². It represents an archipelago of timeless beauty, tranquillity and harmony that is famous for its world-beating beaches and for its great diversity which rolls from lush

forests down to the warm azure ocean.

Of these 115 islands, 41 Inner Islands constitute the oldest mid-oceanic granite islands on earth while a further 74 form the 5 groups of low-lying coral atolls and reef islets that are the Outer Islands.

Seychelles is home to no less than two UNESCO World Heritage Sites: the legendary Vallée de Mai on Praslin where the wondrously shaped Coco-de-mer nut grows high on ancient palms and fabled Aldabra, the world's largest raised coral atoll, first seen by early Arab seafarers of the 9th century A.D.

Seychelles, one of the world's very last frontiers, promises adventure and breathtaking natural beauty in pristine surrounds still untouched by man.

Climate

Seychelles' enviable climate is always warm and without extremes. In this tropical haven the temperature seldom drops below 24°C or rises above 32°C. All but the remotest southern islands lie comfortably outside the cyclone belt making Seychelles' a year round destination for sun worshippers and beach lovers.

During the north-west trade winds that visit between the months of October and March, the sea is generally calm and the weather warm and humid, with average winds of 8-12 knots.

In January and February the islands receive their life-giving rains, rejuvenating the rivers and streams and teasing the vibrant foliage into rainbows of colour.

The months between May and September bring drier, cooler weather, and livelier seas - particularly on south-eastern coasts - and winds of 10-20 knots.

The table below is a summary of statistical averages for the Seychelles International Airport from 1972 to 2005. (Courtesy of the Seychelles Meteorological Services).

For more detailed weather information, please visit the Seychelles Meteorological Services official website.

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Rainfall (mm)	402.6	283.2	194.9	186.7	151.6	105.1	76.6	119.3	154.0	189.7	206.3	302.8
Temperature (°C)	26.9	27.4	27.8	28.1	27.8	26.7	26.0	26.0	26.5	26.9	26.9	26.9
Relative Humidity (%)	82	80	80	80	79	79	80	80	79	79	80	82
Predominant Wind Direction	NW	NW	NW	SW-NW	SE	SE	SE	SE	SE	SE	SW-NW	NW
Wind Speed (kts)	6.3	6.3	5.2	4.9	7.8	10.4	11.4	12.1	11.3	7.9	5.4	5.4

History



Seychelles is a comparatively young nation which can trace its first settlement back to 1770 when the islands were first settled by the French, leading a small party of whites, Indians and Africans. The islands remained in French hands until the defeat of Napoleon at Waterloo, evolving from humble beginnings to attain a population of 3,500 by the time Seychelles was ceded to Britain under the treaty of Paris in 1814.

During this period Seychelles came to know the enlightened policies of administrators such as Pierre Poivre, the brilliant politicking of Governor Queau de Quinssy and, of course, the terrible repercussions of the French Revolution.

Under the British, Seychelles achieved a population of some 7,000 by the year 1825. Important estates were established during this time producing coconut, food crops, cotton and sugar cane. During this period Seychelles also saw the establishment of Victoria as her capital, the exile of numerous and colourful troublemakers from the Empire, the devastation caused by the famous Avalanche of 1862 and the economic repercussions of the abolition of slavery.

Seychelles achieved independence from Britain in 1976 and became a republic within the commonwealth. Following a period of single party rule by the government of Mr. France Albert René, on December 4, 1991, President René announced a return to the multiparty system of government, 1993 saw the first multiparty presidential and legislative elections held under a new constitution in which President René was victorious. President René also won the 1998 and 2003 elections before transferring the Presidency to James Alix Michel in June 2004.

Society

In the evolution of its society, Seychelles has remained faithful to its multi-ethnic roots. For over two centuries, the islands have remained a melting pot of different races, traditions and religions from the four corners of the earth.

Inspired by its grand diversity of cultural influences, ethnic diversity with racial harmony remain the mainstays of today's vibrant yet tranquil Creole nation for which harmony is a way of life.

Government



The Republic of Seychelles has a multi-party political system with an executive President as head of state and government. The President heads a Cabinet of 10 ministers which includes the Vice-President.

In April 2004 Mr. James Alix Michel replaced Mr. France Albert René as President after Mr. Rene had been in office since 1977. The Vice President is currently Mr. Joseph Belmont. The First Designated Minister is Mr. Danny Faure, who is also the Minister for Finance.

Legislative power is vested in a National Assembly of 34 members of whom 25 are elected directly in constituencies with the balance on proportional basis based on the results of the National Assembly elections.

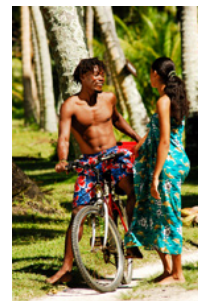
Parti Lepep, The People's Party, previously known as the Seychelles People's Progressive Front (SPPF), currently led by President Michel, holds 23 seats in the Assembly.

The main opposition party, the Seychelles National Party (SNP, previously known as the United Opposition) holds the other 11 seats. SNP is headed by Rev. Wavel Ramkalawan.

The other main political party (not currently represented in the National Assembly) is the Democratic Party (DP), headed by Mr. Ralph Volcere.

The Republic of Seychelles is a member of the United Nations, the African Union, the Commonwealth and La Francophonie. It has embassies in Paris, New York, Brussels, New Delhi and Beijing as well as numerous honorary consulates worldwide.

People



Today, the 87,122 strong Seychellois population continues to reflect its multi-ethnic roots. Traditionally, the islands have attracted a broad diversity of peoples from the four corners of the earth that has included freed slaves, European settlers, political exiles, adventurers, traders of Arab and Persian origin as well as Chinese and Indians.

Practically every nation on earth has been represented in this melting pot of cultures, each one contributing its special influence to today's vibrant yet tranquil society.

Language

There are three official languages in Seychelles: Creole (a lilting, French-based patois), English and French. Many Seychellois also speak fluent Italian or German. Below are some useful Creole phrases:

English	Creole
Hello	Bonzour
Goodbye	Orevwar
How are you?	Ki dir?
Thank you	Mersi
Where?	Kote?
Please	Silvouple
No	Non
Yes	Wi
I don't understand	Mon pa konpran
I like it	Mon kontan
How are you?	Konman sava?
What is this?	Kisisa?

Religion



Roman Catholicism remains the dominant religion of Seychelles but there are also Anglican and Protestant churches and the places of worship of other denominations. These live in harmony alongside, Muslim, Hindu and Bahá'i communities based on Mahé, Praslin and La Digue.

Culture



The cosmopolitan Seychellois are a colourful blend of peoples of different races, cultures and religions. At different times in its history, people of African, European and Asian origin have come to Seychelles, bringing with them their distinct traditions and customs and contributing to the way of life and to the vibrant Seychellois culture.

One can see these influences at work throughout the domains of local art, cuisine, music, dance and architecture.

The architectural design of some of the grand old houses with their steep roofs are representative of a style adapted for comfortable living in the tropics that displays influences from Seychelles' French and British colonial heritage. Modern architecture attempts to assimilate traditional styles with practical features designed to capture the island breezes.

Local artists continue to exhibit diverse styles that echo the multi-ethnic backdrop of the islands and bear testament to the various influences which have come to bear. Creole music and dance have their roots in African, Malagasy and European cultures with rhythms traditionally accompanied by simple drums and string instruments which, today, include such recent imports as the violin and guitar.

The traditional moutya is an erotic dance derived from the days of slavery and still features today, together with the sega with its colourful lyrics; the kanmtole, reminiscent of a country reel, and the Kontredanse, an import from the French court.

Architecture



Seychelles' architecture is at once distinctive in its style and practical in its design. It clearly illustrates the influences of its colonial past and combines these with practical considerations such as steep roofs to shoot the rain, wide verandas to make the most of a climate that encourages outdoor living as well as features to make the most of the island breezes.

Traditionally, Seychellois houses featured an outside kitchen so that the racy aromas of the cuisine did not invade the living space.

Seychelles' colonial past is seen in the competition between wealthy land and plantation owners to create the most opulent approach to their dwelling, often culminating in stately stairs on four sides.

Originally, many houses would have been roofed with thatch from the coconut plantations but, for practical and novelty reasons, these gave way to corrugated iron sheeting when that became available.

Many of the nation's smaller houses imitate to a greater or lesser extent these design features with early wooden panelling increasingly giving way to concrete.

Art



For such a small country, Seychelles has a vibrant art scene that encompasses painters, sculptors, writers and poets, artisans of many types, musicians and dancers.

Painters have traditionally taken inspiration from the richness of Seychelles' natural beauty to produce a wide range of works using mediums ranging from water-colours to oils, acrylics, collages, metals, aluminium, wood, fabrics, gouache, varnishes, recycled materials, pastels, charcoal, embossing, etching, and giclee prints. Local sculptors produce fine works in wood, stone, bronze and cartonnage.

Local writers and poets have also used the magnificent backdrop of Seychelles as the inspiration for historical accounts, fascinating works documenting the social history of the islands and its people and collections of short stories and poems that evoke the passions of island living.

Throughout Seychelles, there are many artisans producing works of art that are as varied and diverse as their surrounds and which include stained glass, products made from coconut shell, husk, seashells and corals, clothing, gold, silver and other forms of jewellery, recycled materials, fibres, bamboo, metal and pottery.

Music and dance have always played a prominent role in Seychelles culture and in all types of local festivities. Rooted in African, Malagasy and European cultures, music is played to the accompaniment of drums such as the Tambour and Tam-Tam and simple string instruments. The violin and guitar are relatively recent foreign imports which play a prominent role in today's music.

The lively Segua dance with its elegant hip-swaying and shuffling of the feet is still popular as is the traditional Moutya, a mysterious, erotic dance dating back to the days of slavery when it was often used as an outlet for strong emotions and as a way of expressing discontent.

Kanmtole is a foreign dance import, accompanied by banjos, accordion, violin and triangle and reminiscent of a Scottish reel while the Contredance with its intricate movements has its origins in the French court and is danced to the strains of banjo, triangle and to the instructions of the 'Komandan' or Commander who calls the sets.

Several groups of traditional dancers perform at local functions as do modern groups playing jazz, reggae, country & western, hip-hop, ballads and classic rock. Several choirs exist singing traditional hymns and promoting choral music with a repertoire that includes sacred, secular, gospel and folk pieces.

Cuisine & Recipes

Echoing the grand assortment of people who populate Seychelles, Creole cuisine features the subtleties and nuances of French cooking, the exoticism of Indian dishes and the piquant flavours of the Orient. Grilled fish or octopus basted with a sauce of crushed chillies, ginger and garlic are national favourites as are a variety of delicious curries lovingly prepared with coconut milk and innovative chatinis made from local fruits such as papaya and golden apple. As may be expected, seafood dishes feature predominantly in the local cuisine, appearing alongside the national staple, rice.

Some restaurants specialise in Indian, Chinese or Italian food and many feature popular international and specialist dishes. Coming soon! A selection of recipes that will bring the tastes of Seychelles straight to your kitchen!

Folklore



Before finding a mouthpiece in television, radio broadcasts and through the written word, folklore in Seychelles relied much on oral tradition for its dissemination.

Over the years it has traditionally, revolved around certain familiar characters such as 'Soungula', renowned for his cleverness and resourcefulness in solving life's problems as well as other colourful personalities such as Bro Zako, Kader, Tizan and Kousoupa.

Certain popular fables and stories still do the rounds, dating back to those days before television when there was little in the way of popular entertainment and these remain mediums for providing an audience with insights as to the correct way to live, island-style.

The Islands

Seychelles' 115 islands fall under two distinct groups. The tall granite, Inner Islands cluster mainly within the relatively shallow Seychelles' plateau, 4° south of the equator and roughly 1800 km. distant from the east coast of Africa while the low-lying coralline cays, atolls and reef islands of the Outer Islands lie mainly beyond the plateau up to 10° south of the equator.

These Outer Islands are divided into five groups: the Amirantes group lying 230km distant from Mahé, the Southern Coral Group, Alphonse Group, Farquhar Group and finally the Aldabra Group, some 1150km from Mahé.

There are 43 Inner Islands in all -- 41 granitic and 2 coralline and a total of 72 coralline Outer Islands.

Inner Islands

The Inner Islands which are mostly granitic, cluster mainly around the principal islands of Mahé, Praslin and La Digue, forming the cultural and economic hub of Seychelles, as well as the centre of its tourism industry. Together they are home to the majority of Seychelles' accommodation facilities as well almost the entire population of the archipelago. There are 43 Inner islands in total – 41 granitic and 2 coralline.

Outer Islands

The Outer Islands are those situated beyond the Seychelles plateau. They comprise 72 low-lying sand cays and atolls lying anywhere between 230km and 1150km from Mahé. Less visited than their granitic cousins due to their relative remoteness, these pristine miniature worlds, some little more than sand spits or lonely rocky outcrops, offer untouched habitats for many species of wildlife.

Only two islands among the Outer Island groups, namely Alphonse and Desroches, currently offer accommodation facilities. They boast luxuriously appointed lodges as well as unparalleled opportunities for sailing, fishing and diving in places where few have gone before.

Flora & Fauna

Seychelles is a living museum of natural history and a sanctuary for some of the rarest species of flora & fauna on earth. With almost 50% of its limited landmass set aside as national parks and reserves, Seychelles prides itself on its record for far sighted conservation policies that have resulted in an enviable degree of protection for the environment and the varied ecosystems it supports.

Nowhere else on earth will you find unique endemic specimens such as the fabulous Coco-de-mer, the largest seed in the world, the jellyfish tree, with only eight surviving examples, the Seychelles' paradise flycatcher and Seychelles warbler.

Seychelles is also home to two U.N.E.S.C.O World Heritage Sites: Aldabra, the world's largest raised coral atoll and Praslin's Vallée de Mai, once believed to be the original site of the Garden of Eden.

From the smallest frog to the heaviest land tortoise and the only flightless bird of the Indian Ocean, Seychelles nurtures an amazing array of endemic species within surrounds of exceptional natural beauty.

For more information on the Endemic species in Seychelles, please visit the Ministry of Environment and Natural Resources website.

Investing in Seychelles

Seychelles' location outside the cyclone belt, in a time zone whose working hours overlap with those of major financial centres, its excellent sea and air connections with Europe, USA, Asia and Africa make it an excellent place to conduct business.

An efficient telecommunications system together with other advantages such as the extensive facilities available at its harbour, Port Victoria, and a well-developed infrastructure with attractive investment incentives, offer the ideal business environment to investors.

In order to fully capitalize on the above, the Seychelles Investment Bureau (SIB) was established in July 2004, as the first point of contact for all matters relating to investment and business in Seychelles.

Capitalising on the work of its predecessor, SIBA, SIB's objectives are to promote Seychelles as the ultimate environment for business, foster an investor-friendly culture and assist investors to establish and expand their respective enterprises.

Its main activities include:

- 1) Enhancing the awareness of Seychelles as the location for investments both at home and abroad and to promote investment opportunities in all sectors of the economy
- 2) Providing facilitation services to investors and acting as the focal point of contact amongst local and foreign entrepreneurs and all Government/private organisations
- 3) Expediting the processing of investment proposals in an efficient manner for the consideration of Government
- 4) Conducting research and make recommendations on investment related matters.

Visit www.sib.gov.sc or www.investinseychelles.sc for more information.

Events

South East Monsoon Sailfish Tournament

Marine Charter Association PO Box 469 Victoria Mahé

Tel: +248 32 21 26

Fax: +248 22 46 79

1-day trolling - only tournament from 0500hrs to 1700hrs. Please contact the Marine Charter Association for entry forms and tournament rules at email: christophe.houareau@huntedtel.com

Deepavali

ARULMIKUNAVASAKTHI VINAYAGAR Temple PO Box 1193 Victoria Mahé

Tel: +248 32 47 01

Deepavali signifies the advent of joy and happiness. It is also believed that goddess Lakshmi graces the shops and houses on this day and showers her blessings and bestows good fortune upon her worshippers.

Feast of the Assumption of Mary

La Digue Board Anse Reunion La Digue

Tel: +248 23 45 96

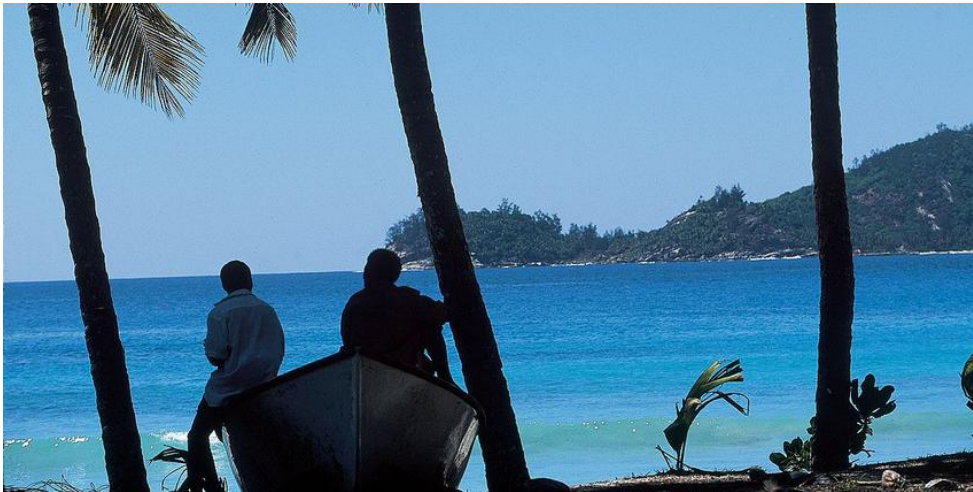
The Feast of the Assumption of Mary is dedicated to the church of La Digue and is very popular with Seychellois from all islands who flock to the island for the occasion. For further information please contact the La Digue Board on telephone number +248 23 45 96.

Location Guide

This section of the guidebook shows all of the locations where you have selected accommodation, and the attractions in those areas meeting your criteria.

The following locations were selected for inclusion in this brochure:

- Mahé



Mahé

Mahé, measuring 28km long by 8km wide, is the largest island and cultural and economic hub of the Inner Islands, and the international gateway to Seychelles. It is home to the international airport and the nation's capital, Victoria. The island is home to almost 90% of the total population (or approximately 72,200 people) reflecting Seychelles' diverse ethnicity and descent from African, Indian, Chinese and European populations, and is the seat of government and the chief centre of commerce. With a backdrop of towering 1000m granite peaks, Mahé is an extraordinary treasure trove of flora that has evolved over centuries of splendid isolation. Rare endemic plants found nowhere else in the world adorn Mahé's mist forests in mountain strongholds, such as the Jellyfish Tree, the carnivorous Seychelles Pitcher Plant and the Seychelles Vanilla Orchid. First visited by the British in 1609, Mahé was not visited again until Lazare Picault's expedition of 1742 when the gradual process of settling the island began, first by the French whose direct influence continued until 1814 and then as a British colony until Seychelles gained independence in 1976. Mahé is the transportation hub for island-hops and day excursions to neighbouring islands and all other islands within Seychelles. All scheduled domestic flights by Air Seychelles originate from Mahé to the serviced islands. A leisurely tour of the island by car will take 2 to 2 1/2 hours and reveal the lion's share of Seychelles' accommodation facilities, places of cultural interest and other attractions.

Hotels

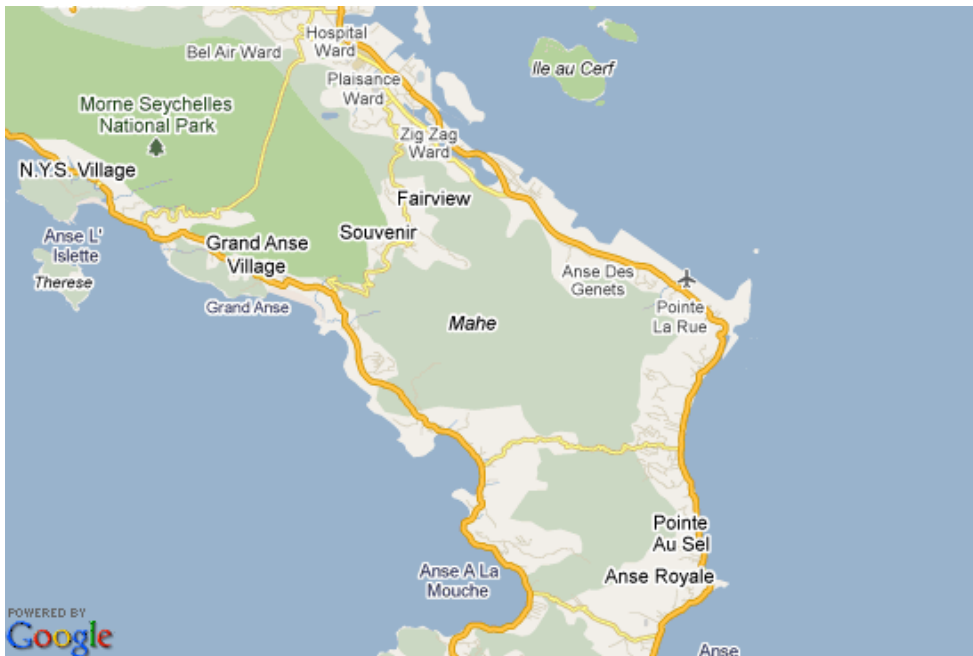
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Points of interest

Activity _____ 15

Beach _____ 19

Walk _____ 20



Hilton Seychelles Northholme Resort & Spa



Location: Mahé

Address: PO Box 333 Glacis Mahé

Tel: +248 29 90 00 // 29 90 04 / 29 90 06

Fax: +248 29 90 06

Email: Reservations.Seychelles@hilton.com

Nearest jetty: Inter Island Quay - 25 minutes Drive (Car)

Nearest airport: Seychelles International Airport - 35 minutes Drive (Car)

Description:

Enjoy the comforts of this new 5 star resort, a secluded hideaway along Beau Vallon Bay with spectacular views of the Indian Ocean, nearby Silhouette and North Island, and magnificent sunsets! With 40 luxurious Villas nestled along small beach coves and on the hillside, the Hilltop Restaurant with its panoramic view, Ocean View Bar, Les Cocotiers Restaurant for fine dining under the stars, the Duniye Spa for relaxing treatments, a swim in the infinity pool, and much more, The Northholme will please you. Hilton Seychelles Northholme Resort & Spa retains its old world Seychellois friendliness and charm, enhanced by its excellent service and casual elegance.

Price Guide	Room Features	Hotel Features	Payment Methods
<p>Our rates range between Euro 506 - 733 , per night, .</p> <p>Price range listed is only an indicative guide, subject to change without prior notice. Please contact us or your travel representative for exact details.</p>	<ul style="list-style-type: none"> • Air Conditioning • Hair Dryer • Mini-bar • Room Safe • Telephone • Private Veranda • Cable TV • IDD Telephone • Room Fan • Tea and coffee making facility • TV • DVD player 	<ul style="list-style-type: none"> • BBQ Grill • Concierge • Evening Entertainment • Gym • Internet Access • Laundry Facilities • Room Service • Swimming Pool • TV Lounge • Boutique • Conference Facilities • Excursions • Hotspots (wireless internet connection) • Ironing Facilities • Restaurant(s) • Spa • Watersports • Massage Facility 	<p>We accept the following methods of payment:</p> <ul style="list-style-type: none"> • American Express

Activity

Leisure 2000



PO Box 320 Victoria Mahé

Tel: +248 59 43 67 / 37 58 93

We provide motorised as well as non-motorised watersport equipment including pedaloes, canoes, windsurfs and sailing equipment.

Beau Vallon Aquatic Sport



PO Box 320 Victoria Mahé

Tel: +248 59 43 67 / 37 58 93

We are the only company that provides motorised watersport on Mahé and the only place where you can enjoy a variety of water sports. It is the place to be when you come to Seychelles if you want to know what it's really like to watersport!

Eko Tours



c/o Saint Fidèle Victoria Mahé

Tel: +248 51 44 16

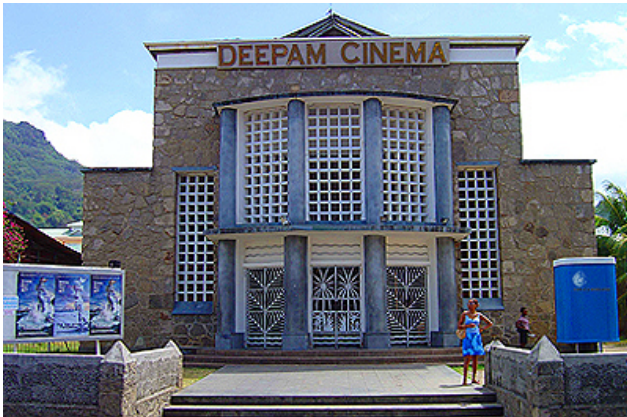
Fax: +248 22 61 76

Email: marlon@seychelles.net

Web: www.ekotour.sc

Eko Tours is your bus tour in paradise. There is a blend of everything to see on Mahé. Its serenity, peacefulness, tranquility and kindness of its people, makes it the ideal place to visit for rest and recreation. We shall therefore endeavour to make your stay a memorable one. **SAMPLE OFFERS:** Highlights include a day out on our secluded beaches, visits to various historical places, craft centers and other scenic spots. We also offer transfers to/from the airport. Normally our service starts from 0900hrs-1700hrs. However, we can accommodate other events upon requests.

Deepam Cinema



Albert Street Victoria Mahé

Tel: +248 32 25 85 / 32 26 17 / 61 01 97

Fax: +248 32 43 48

Email: deepam@seychelles.sc

Deepam is the only cinema company in Seychelles and it comprises of three different outlets. The main being in Victoria on Albert Street and the other two at Docklands and Grand Anse, Praslin. The cinemas screen recent American films, as well as Indian, French, and Chinese titles. Located in Victoria, Deepam Cinema has a seating capacity of 247. This air-conditioned cinema is equipped with a DTS and Dolby Digital Sound system. Deepam Cinema at Docklands and Deepam Cinema Pradiso boast a seating capacity of 135 and 144 respectively.

Amusement Centre (Pty) Ltd



PO Box 301 Oceangate House Extension Independence Avenue Victoria Mahé

Tel: +248 22 58 78

Fax: +248 22 58 94

Email: amusement@seychelles.net

Amusement Centre has 200 of the loosest slot machines in the Seychelles, providing the most jackpots paid everyday. A fully licensed bar supports a highly entertaining atmosphere. You can relax and enjoy the gaming or watch many others enjoying themselves while having an exotic cocktail from our friendly and experienced staff. Our convenient location in Victoria close to the main bus routes, and with on-site parking facilities, allows one to drop in at any hour. Constant competitions and entertainment will keep you busy and allow you to forget about the rest of the world while you concentrate on beating the machines. We also have slot machines available at our sister company, Pirate's Arms Restaurant on Independence Avenue, where SCR5 slot machines are available in a "salon privé" environment. Dress code: after 1800hrs gentlemen are expected to wear long pants, shirts with sleeves and not to wear hats in the gaming area. Ladies are expected to be neatly dressed. Right of admission is reserved Minimum age: 18 years

Nature Tour Guide



La Gogue Mahé

Tel: +248 24 23 86 / 57 91 91

Email: jacquesbarreau@yahoo.com

Web: www.naturetourguide.com

For the last two decades Mr. Jacques Barreau has acquired in-depth knowledge of the splendid Seychelles flora and fauna. He as a nature loving expert can accompany you on this breathtaking tour. **SAMPLE OFFERS:** Personalised service offering short, moderate and long distance walks to: Anse Major, Copolia, Dans Gallas, Glacis Trois Frères, Mare aux Cochons, Mission Lodge, Morne Blanc just to name a few.

Basil BEAUDOUIN



Company Name: Pitcher Plant Machabée Mahé

Tel: +248 24 17 90 / 51 49 72

Fax: +248 24 17 90

Basil has over 13 years experience as a nature guide in Seychelles, and is known to have been the first guide. With his help, you can discover the rare beauty of these islands where many of the approximately 250 indigenous plants (75 of which are only found in Seychelles) grow in remote areas, only accessible by foot and usually inaccessible to the average tourist. Under Basil's guidance, see the beautiful Pitcher plant (*Nepenthes pervillei*), the incredible tiny *Seychellaria thomasetti* and the Jellyfish tree (*Medusagyne oppositifolia*) reputed to be the world's rarest plant, and others too numerous to mention. Please contact Basil to arrange your guided mountain walk now. Experienced in first-aid. SAMPLE OFFERS: Possibility: one complete week on La Digue - Praslin - Silhouette. Generally with photographers.

Lovenut Nightclub, Bar & Cafe



Premier Building Ground Floor Victoria

Tel: + 248 32 37 95

Email: clublovenut@yahoo.com

Lovenut Nightclub is ideally located in central Victoria and is therefore easily accessible. Currently the most popular nightlife on Mahé, with the best mix of local and international music, we guarantee you one of the best nights out during your stay in Seychelles. Open on Wednesdays, Fridays and Saturdays from 10:30pm to early morning. Dress Code is smart casual, strictly no shorts.

Pathfinder



PO Box 513

Tel: +248 59 19 25

Email: info@seychellespathfinder.com

Web: www.seychellespathfinder.com

Visit the Seychelles islands and enjoy an exclusive picnic in a setting out of this world. Pathfinder organises guided mountain walks with a difference. At your own pace all in comfort, we will take you to a formerly inhabited mountain valley. The walk is undemanding, the views memorable and the picnic boasts the finest ingredients. Visit the unseen side of Seychelles, the comfortable way.

Tequila Boom



Beau Belle Mahé

Tel: +248 24 77 00

Fax: +248 24 70 08

Email: tequilaboom@seychelles.net

Web: www.tequilaboom.com

Tequila Boom situated in the north of Mahé at Beau Belle is Seychelles' nightlife pulse and heartbeat. The nightclub is highly equipped with the state-of-art lighting & sound system, hottest music and the finest crowd around which established Tequila Boom as the premier clubbing venue. Tequila Boom is mostly notorious for its breathtaking theme nights such as the "Lollipop, Tribal, Bubble and Foam nights, and so many more. We also feature guest appearances of both local and foreign Artists. Tequila Boom also contains V.I.P cubicles and an upper deck V.I.P Lounge. There is also a parking area with security surveillance. Make sure to pay us a visit!!

Beach

Grand Anse (on Mahé)



From the clock tower in Victoria, drive down Francis Rachel Street, going towards the roundabout at Unity Monument (4 fish). Take the 4th exit onto Mont Fleuri Road, and continue until you reach the next small roundabout at Plaisance. Take the 3rd exit up La Misère Road and down the other side until you reach the junction at Grand Anse. Turn right and drive for approximately 0.8 Km until you arrive at Grand Anse beach. Total travelling time is approximately half an hour.

Grand Anse, on the south-western coast of Mahé is, as its name suggests, an imposing sandy bay. Although not suitable for swimming because of the strong undertow, this spectacular beach with rolling waves and a long stretch of shoreline is ideal for taking a relaxing walk.

Walk

Mission Lodge



The Mission Lodge is perhaps the most famous vantage point in all of Seychelles, offering spectacular sea and mountain views looking southward across Mahé, from the shaded and peaceful confines of a gazebo where Queen Elizabeth II once sat for tea.

Mare aux Cochons



Deep in the Morne Seychellois National Park, this is a series of interlinked trails with the upland valley of Mare aux Cochons as the focus, allowing hikers to customize their experience depending on their own level of fitness and specific interests.

Dans Gallas



This trail opens up a number of different panoramic views along the route, including a stunning vista at the top that encapsulates Beau Vallon Bay, all of North Mahé, and the eastern coast down to the airport, with the whole of Victoria straight below.

Glacis Trois Frères



With an altitude of 300 metres, the Glacis Trois Frères trail offers a magnificent view of Victoria, the Ste Anne Marine Park and other easterly islands in the archipelago, including Praslin and La Digue on clear days.



Diving Guide

With 115 islands scattered across the Indian Ocean between 4° and 10° south of the Equator, Seychelles offers diverse and impressive diving opportunities.

The Inner Islands, remains of a submerged mountain range, rest on a shallow plateau with prolific marine life and excellent PADI diving facilities available to access a multitude of dive sites.

The Outer Islands to the south of the archipelago are all coralline or sand cays and mainly uninhabited, presenting the experienced diver with excellent opportunities to explore where few have gone before.

Seasons & Conditions

Diving is possible all year round but is governed by an island's position and the prevailing winds. Generally speaking, the best conditions for both the Inner and Outer Islands are in the calm periods, April-May and October-November, when the water temperature can rise to 29°C and offers excellent (up to 30 metres) visibility.

In December and January, the north-west winds blow but conditions remain much the same as in the calm periods, with the exception of greater surface movement and some localised turbidity.

From May to September the winds are stronger and blow south-easterly. Visibility and temperature may thus drop during August with water temperatures of around 25°C. A wet suit of at least 4mm is necessary.

Unlike the Inner Islands, some of the more southerly Outer Islands are close to the cyclone belt, and during these months they can experience extremely rough conditions on occasion.

A 4mm shorty wetsuit is the minimum protection recommended for the Outer Islands. Islands with big drop-offs and walls often have marked thermo-clines with temperatures ranging from 19 to 27°C and a full suit is an advantage for most divers.

Dive Types & Depths

With 43 Inner Islands to choose from, variety is the order of the day. All of these northerly islands offer impressive granite reef locations where the sculptured rocks can be covered with soft corals and sponges, and fish life is

prolific, due to the archipelago's isolation and also strict conservation rules.

Wreck dives are available in some areas but only the islands to the south have wall dives, drop-off dives and drift diving opportunities as well.

Outer Island diving is rich and varied, featuring everything from mini-walls and canyons to migrating Manta Rays, numerous wreck sites and some of the finest Gorgonian fans in the Indian Ocean.

Diving on Aldabra's terraced walls is dramatic and Green Turtles are common both in water and on their habitual pilgrimages up the beach to nest.

The Cosmoledo atoll offers huge hard coral bommies with 3 metre Gorgonian fans and massive barrel sponges all under the watchful guard of inquisitive Potato Bass.

Astove's settlement reef presents another awe-inspiring wall dive whose reef top is incised with crevasses and caves and boasts a large resident Green Turtle population.

Dive depths vary, ranging from 8 to 20 metres for inshore sites and up to depths of 40 metres for dives offshore.

Marine Life

The Inner Islands' marine life reveals an abundance of fish even on shallow inshore reefs and features different types of Butterfly fish and Angel fish, Soldier fish, Squirrel fish and Sweepers among many others. The island reefs are also havens for many invertebrates including Octopus, Spiny Lobster and a plethora of Nudibranchs, such as the Spanish Dancer.

Sites with regular current flows support fan corals and colorful tree coral formations while more remote sites shelter the larger fish species, such as the Napoleon Wrasse, Giant Grouper, Reef Sharks and Ribbon-tailed Stingrays. Most spectacular are the plankton-eating Whale Sharks found all year around the Inner Islands, with peak sightings in August, and October through January.

Marine life around the relatively isolated Outer Islands tends to be even more prolific, with frequent sightings of many of the larger grouper species, particularly the spotted Potato Bass as well as Grey Reef, Silver Tip, Nurse Sharks and the occasional Hammerhead Shark.

A number of rare exotics have been identified from this area such as the African Pygmy Angelfish thought to exist only in small numbers at depth off Mauritius and now found regularly in easy diving depths off Astove.

The cartoon-like Yellow Rubber Lipped Sweetlips is another firm favorite while elusive Long-Nosed Hawkfish can be easily found in most Gorgonian fan areas.

Diving Tips

Seychelles offers year round diving experiences in waters mainly outside the cyclone belt and dive centers around the country cater for novice and experienced divers alike, offering a number of specialised courses.

Divers should bring proof of certification and medical clearance for any medical problem.

Most dive centres offer modern dive equipment rental and service facilities. However, repair facilities for divers' own gear may be limited, subject to availability of specific spare parts.

Air Seychelles offers a free sporting equipment allowance of 10kg, which applies to the equipment of diving, golf, fishing and surfboards. The equipment is weighed separately and if the weight is less than 10kg no supplement will be payable. If the weight exceeds 10kg, the equipment is added with the other checked luggage and any excess weight above the specified baggage allowance will be payable. To profit from the sporting equipment allowance on connecting flights to Praslin, visitors must travel exclusively with Air Seychelles and the Praslin sector must be reproduced on the same ticket as your international sector.

It is recommended there be a 24-hour safety window between the divers' last dives and their next flight.

Certification & Medical

Divers need to bring proof of certification to be allowed to dive. However, those who have lost or forgotten their certification cards or log-books may be allowed to dive with a Dive master to a maximum depth of 12 metres, at the discretion of the dive centre.

Those planning to take a diving course who have had a previous medical problem, should obtain and bring with them a certificate from their doctor indicating that they are fit to dive. Local physicians in Seychelles are able to perform a diving medical if required.

Diving Courses

Any medically fit person over the age of 10 and able to swim can learn to dive. Diver training is conducted by internationally qualified and insured instructors most of whom are members of PADI, the Professional Association of Diving Instructors, the world's largest diver training organisation.

A non-certification Discover Scuba Diving introductory course for first timers is available leading either to the basic Scuba Diver qualification or a full certification as Open Water" Diver.

Experienced diver courses are available to instructor level with specialty certifications available from certain centres, such as underwater photography, wreck and night diving.

Diving Equipment Rental & Purchase

For visitors not wishing to bring their own, all licensed dive centres rent out properly maintained, modern diving equipment which is inspected on a regular basis.

The centres also have a range of other beach accessories available, including snorkelling equipment.

Flying after diving

To minimise the possibility of a decompression incident at the end of a diving vacation, the current recommendation is that divers should leave a minimum of 12 hours after their last dive before flying and, where possible, a 24-hour period is recommended.

The centres will not allow divers to dive on the morning of departure or prior to an inter-island or helicopter flight!

SUBIOS

SUBIOS (Sub-Indian Ocean Seychelles) is the country's annual underwater photo and film festival, with an aim toward showcasing the islands' extraordinary marine world and promoting Seychelles as an ideal diving destination, as well as to sensitise the local population to the beauty beneath the waves.

The festival includes not only its annual photographic and video competition but also features presentations by famous visiting speakers, SUBIOS dedicated events at hotels and a special schools programme to educate the nation's youth concerning the beauty and fragility of the islands' marine eco-systems.

Diving Operators

Fishing Guide

You do not have to venture far from Seychelles' shores to break fishing records in the archipelago. International sport and recreational fishermen enthusiastically return each year to these waters that already boast world records for striped bonito, bonefish, giant guitarfish, bigeye trevally, bluefin trevally, giant trevally, moustache grouper, humphead maori wrasse and dogtooth tuna.

Seychelles has some of the richest fishing grounds in the world. The abundance of wahoo, sailfish, dorado, tuna, rainbow runner and trophies such as marlin, make for an unforgettable big-game fishing experience for both the seasoned and novice fisherman alike.

Traditional bottom-fishing produces a dazzling array of grouper, job fish, snappers and emperors, rewarding you with some of the finest tasting fish on offer anywhere in the world.

Seychelles has become the epicenter of salt-water fly-fishing and casting your fly lines on the magnificent shallow flats of the Outer Islands will afford you the chance of landing several energetic silver bonefish to challenge the record books. Blue-water fly-fishing is also becoming increasingly popular, providing the ultimate challenge of landing large pelagic fish on relatively light tackle.

Fishing Around the Islands

The Inner Islands consist of 41 granitic islands that form a cluster around the principal islands of Mahé, Praslin and La Digue, some with peaks rising nearly 1,000m high. Interestingly, there are also two low-lying coral islands, namely Denis Island and Bird Island within the Inner Islands.

These islands offer a variety of fishing grounds that are easily reached by Seychelles' fleet of modern fishing craft and whose crew each have their own favorite spots where they will be happy to introduce both the fishing aficionado and novice to the thrills of deep-sea and bottom-fishing.

The Inner Islands are convenient for both full and half day fishing excursions and offer exciting fishing opportunities for spectacular - and tasty - catches. Inner island trips can take fishermen as far north as Bird and Denis Islands, where the ocean floor plummets to 2,000 metres.

Similarly, the islands of Frégate to the east, North Island and Mahé's lofty neighbor, Silhouette, all possess fertile fishing grounds and offer the opportunity to catch a wide variety of fish.

Seychelles' dazzling chain of Outer Islands and their seldom visited fishing grounds present unique opportunities for the intrepid fisherman to do battle with the heavyweights. Seychelles holds a number of International Game

Fish Association (IGFA) records for species caught in and around the outer islands. These include the bonefish, dogtooth tuna, moustache grouper and bigeye trevally.

The resorts of Desroches Island in the Amirantes group and Alphonse Island offer convenient bases for forays in areas legendary for their fishing where big-game, fly and bottom fishermen alike can test their skills to the limit.

Further afield, sparsely populated islands such as Providence, Farquhar and Cosmoledo, accessible on long-range fishing expeditions, present the ultimate challenge to the fisherman in search of an exceptional fishing experience.

Fishing Types

Whether you are an experienced sports fisherman or an enthusiastic beginner, you will be thrilled by the opportunities that Seychelles' fish-rich waters offer.

Try your hand at big-game fishing and the unforgettable experience of trolling in pristine, azure waters from a range of modern fishing boats. Experienced crew will help you exceed your fishing expectations beyond your imagination.

Alternatively, you can try fly-fishing in the shallow waters surrounding the Inner Islands or even practice the art of blue-water fly-fishing.

The traditional technique of bottom-fishing will land you a catch of spirited coral-reef fish and grace your table with some of the tastiest fish in the world.

Meanwhile, Seychelles' Outer Islands offer the experienced fisherman the opportunity to enter the record books in remoter waters, far from the more commonly visited fishing grounds.

Big-game fishing in these virgin waters provides the ultimate challenge as does fly-fishing from the fish-rich flats of the St. François, Poivre and d'Arros atolls.

Blue-water fly-fishing in the waters surrounding these lost island worlds can yield extraordinary results as can bottom-fishing expeditions in the deeper waters where the monster coral fish dwell.

Not to be missed is the excitement of night-fishing for pickhandle barracuda or shark off a variety of island locations.

The Catch

Fishing Guide › The Catch

The fishing grounds around the Inner Islands offer both the big-game and fly-fisherman a varied catch that includes the spectacular sailfish, wahoo, greater barracuda, rainbow runner, milkfish, bonefish, trevally, barracuda and jobfish as well as varieties of bonito and tuna.

The bottom-fisherman, meanwhile, can pit his skills against snappers, coral-trouts, seabass and groupers - just a few of the spectacular species to be found around the Inner Islands.

The Outer Islands offers a chance to test one's game-fishing skills against the mighty marlin, sailfish, giant dogtooth tuna and yellow fin tuna, the larger ocean-going sharks and many other species.

Several of the outlying atolls such as those in the Amirantes and Alphonse groups are considered to offer the best fly-fishing in the world and the chance to enter the record books with catches of 5kg bonefish, 25kg trevally and also barracuda. Given the abundance of fish, blue-water fly-fishing can be especially challenging and rewarding.

Bottom-fishing in these little-fished waters can yield groupers that weigh in excess of 30kg as well as massive trevally, kingfish, greater baraccuda, snapper, emperor and bream.

Fishing Tips

It seems Seychelles was deliberately designed for all levels of fishermen. With most islands lying outside the cyclone belt, Seychelles offers year round fishing in over 1.4 million km² of fish-rich waters that surrounds the 115 sparkling and diverse isles of the archipelago. With such diversity and choice in fishing locations, your fishing experience in Seychelles promises you excitement and the possibility of landing your dream catch.

While you are free to fish in most areas of Seychelles' waters at will, there are a few limitations which are often meant to help preserve the unique and fragile environment so that all can enjoy it today and in the years to come. In the Inner Islands, fishing is prohibited within the boundaries of the Curieuse, Ile Cocos, Port Launay/Baie Ternay and Ste. Anne Marine National Parks. To ensure that the law is upheld, these areas are patrolled by park rangers. In addition, no fishing is permitted within 200 metres from Aride Island Nature Reserve beach.

Some specific regions of the Outer Islands are also restricted for both commercial and sport fishing. For instance, no fishing can be undertaken by any fishing trip operator or vessel within 20 nautical miles of Alphonse Island, other than the operator currently based on and organizing fishing trips from Alphonse Island itself. Similarly, no fishing is allowed around the island of Aldabra which is one of Seychelles' two World Heritage sites.

Fishing Seasons

In Seychelles, fishing can be enjoyed on very much a year-round basis that is divided into specific seasons, each one suited to a specific type of fishing and each one full of promise for the expert fisherman and novice alike.

For instance, big-game fishing is an all year-round activity, whereas the months of November to May are more appropriate for bottom-fishing and fly-fishing.

Throughout Seychelles the ocean is subject to currents with speeds of 0.5 up to 1.5 knots that develop with the trade winds. There are two opposing wind patterns in Seychelles, blowing seasonally either north-westerly (December to March) or south-easterly (May to September).

The north-westerly trades often have intermittent rain squalls and stronger winds during the period December to March. These are sometimes associated with the presence of tropical cyclones over the south-west Indian Ocean. Luckily, however, all of Seychelles' islands lie well outside the cyclone belt, with the exception of the most southerly outer islands.

The south-easterly trades are drier and tend to blow more consistently throughout the day and into the night, reaching its peak in July/August.

In the months of April and November there are calm and sometimes windless periods when the trade winds change direction. These light and variable wind periods are accompanied by calm seas and clear waters.

The effects of the tides are more noticeable within the Inner Islands than the ocean currents and are generally less than a knot, increasing to up to 2 knots in channels between islands or close to underwater ridges.

Tides are semi-diurnal and asymmetrical with about 6 hours between high tide and low tide. The tidal range around the Inner Islands can get as high as 2 metres at spring tides and as low as 0.9 metres at neaps. Tides give rise to currents that can be strong in the channels leading to lagoons, which may empty completely at low tide.

Swells are generally moderate with waves of up to 1 to 2 metres becoming higher only in strong winds on open water.

Currents and upwelling around the Amirantes Bank often cause choppy conditions in a small area.

Weather forecasts are available by calling Seychelles Radio (Coast Station) on VHF channel 16 and normally switching up to channel 26. Boats may also place a radio link call via Seychelles Radio.

Fishing Equipment Rental & Purchase

One of the advantages of fishing in Seychelles is that no fishing license is required for recreational fishing.

While there are a few retail outlets that cater for the basic needs of the fishermen, visiting fishermen should bear in mind that local fishing tackle shops may not be as common as they may be used to back home and may not stock favorite items or brands. In order to avoid disappointment, it is advisable to bring along an adequate supply of tackle as there are no specialized fishing equipment hire or servicing establishments.

Nevertheless, each charter operator will cater for their individual fishing charter. We advise professional fishermen to check equipment availability with their fishing trip operator prior to booking.

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Conservation

Seychelles is proud of its long-standing enlightened conservation policies, adopted to ensure protection of fish stocks through best practice in the fishing arena.

One example of this is a total ban on the use of spear guns throughout Seychelles' waters. Local customs officials will confiscate such items from anyone who carry them when entering Seychelles.

Fishing is prohibited within the boundaries of the Curieuse, Ile Cocos, Port Launay/Baie Ternay and Ste. Anne Marine National Parks. These areas are patrolled by park rangers. In addition, no fishing is permitted within 200 metres around Aride Island Nature Reserve.

The practice of 'tag and release' has been widely adopted in order to safeguard fish stocks for future generations of fishermen. Tag and release is when a fish is caught and then released alive back into the water.

In addition, the gentle whale shark, common in Seychelles' waters during the month of August and from October to January, is a species protected both by Seychelles law and by CITES, the Convention on International Trade in Endangered Species.

The responsibility of promoting Seychelles' fishing industry, preserving its resources, formulating and implementing national policies on fishing matters falls under the Seychelles Fishing Authority (SFA). The SFA is a parastatal organization and the executive, regulatory arm of government in the field of fisheries.

Fishing Operators



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