



Seychelles

Includes →

Mahé.....	273
Victoria.....	273
Beau Vallon & the North Coast.....	280
East Coast.....	284
West Coast.....	288
Praslin.....	292
La Digue.....	302
Other Inner Islands ...	310
Outer Islands.....	312

Best Places to Eat

- La Plage (p283)
- Les Lauriers (p301)
- Café des Arts (p301)
- Domaine de L'Orangerie
Resort & Spa – Le Combava
(p309)
- Loutier Coco (p309)

Best Places to Stay

- Beau Séjour (p275)
- Chalets d'Anse Forban
(p287)
- Anse Takamaka View
(p289)
- Château de Feuilles (p298)
- Bird Island Lodge (p311)

Why Go?

Close your eyes. And just imagine. You're lazing on a talcum-powder beach lapped by topaz waters and backed by lush hills and big glacié boulders. Brochure material? No, just routine in the Seychelles. With such a dreamlike setting, the Seychelles is unsurprisingly a choice place for newlyweds. But for those looking for more than a suntan or romance, this archipelago offers a number of high-energy distractions. There are jungle and coastal walks, boat excursions, and diving and snorkelling to keep you buzzing. Ecotourism is big – there are marine parks and natural reserves filled with endemic species that are easy to approach.

The Seychelles is more affordable than you think. On top of ultra-luxurious options, the country has plenty of self-catering facilities and family-run guesthouses that offer local colour. So if you are suffering from visions of tropical paradise, here is your medicine.

When to Go

- From December to March, the trade winds bring warmer, wetter air streams from the northwest. From June to September the southeast trades usher in cooler, drier weather but the winds whip up the waves and you'll want to find protected beaches.
- The turnaround periods (April to May and October to November), which are normally calm and windless, are ideal.
- The rainfall varies considerably from island to island and from year to year. Mahé and Silhouette, the most mountainous islands, get the highest rainfall.
- The Seychelles lies outside the cyclone zone.
- Temperatures range between 24°C and 32°C throughout the year.
- Accommodation can be hard to find during the peak seasons from December to January and July to August.

Arriving in the Seychelles

Most visitors fly into the Seychelles' only international airport, which is located on Mahé. Big hotels provide transport to and from the airport. Taxis from just outside the airport cost from Rs 500 to Beau Vallon. Regular ferries and planes connect Mahé with Praslin.

ESSENTIAL FOOD & DRINK

Meat lovers, come prepared: the cuisine of the Seychelles is heavily influenced by the surrounding ocean, with fish appearing as the main ingredient in many dishes. Cultural influences are also distinctive, with a blend of European (mostly French and Italian) and African gastronomic delights.

The real beauty of Seychellois cuisine is its freshness and simplicity. After all, what could be better than the fish of the day with rice or the bright flavours of a smoked fish salad? Throw in views of lush hills and azure sea, some fine local beer or a freshly squeezed juice and you are looking at a great culinary experience – simple but great.

You'll find various types of eateries, from takeaway outlets to refined restaurants serving more elaborate dishes.

Many visitors to the Seychelles opt for packages that include breakfast and dinner at their hotel. If you'd prefer to sample local specialities, enjoy the Seychelles' many fine eateries, feast on views, and share a beach picnic with the locals, you'll find that a bed and breakfast will allow you more flexibility.

Keeping Costs Down

- ➔ Buy simple Creole dishes at takeaway outlets or at the market in Victoria. You can also self-cater on the three main islands
- ➔ Catch the cargo ship between Mahé and La Digue instead of getting around by ferry or by plane
- ➔ Get around Mahé and Praslin by public bus
- ➔ Opt for family-run guesthouses or medium-sized, locally owned hotels
- ➔ Look for promotional deals on hotel websites

AT A GLANCE

- ➔ **Currency** Seychellois rupee (Rs)
- ➔ **Languages** English, French, Creole
- ➔ **Mobile phones** GSM network through Cable & Wireless and Airtel; international roaming and local SIM cards available
- ➔ **Money** ATMs on Mahé, Praslin and La Digue; credit cards widely accepted
- ➔ **Visas** Not required for most countries for three-month stays

Fast Facts

- ➔ **Capital** Port Louis
- ➔ **Country code** 230
- ➔ **Population** 1.322 million
- ➔ **Time** GMT + four hours

Exchange Rates

For current exchange rates see www.xe.com.

A\$1	Rs 10.2
C\$1	Rs 10.8
€1	Rs 15.1
¥100	Rs 11.6
NZ\$1	Rs 9
UK£1	Rs 17.7
US\$1	Rs 11.3

Resources

- ➔ **Lonely Planet** (www.lonelyplanet.com/seychelles)
- ➔ **Seychelles Travel** (www.seychelles.travel)
- ➔ **Nature Seychelles** (www.natureseychelles.org)