

# EXPLORE!



## Why book this trip?

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Unwind in the beautiful islands of the Seychelles. Explore the palm-lined beaches of Praslin, hike along forest trails on Mahe and cycle around the paradise island of La Digue. Get off the beaten path in this iconic destination and discover a different side to these tropical islands.

- **Mahe Island** - Explore the island's lush rainforest and granite boulders
- **Praslin Island** - Walk through the primeval rainforest and take a catamaran cruise to discover the exotic marine life
- **La Digue Island** - Discover this tiny island's tropical charm on two wheels



**INCLUDED MEALS**  
Breakfast: 10  
Lunch: 1



**TRIP STAFF**  
Explore Tour  
Leader  
Boat Crew  
Driver(s)



**TRANSPORT**  
Boat  
Minibus



**ACCOMMODATION**  
6 nights standard  
guesthouse  
4 nights standard  
hotel



**TRIP PACE:**  
Relaxed



**GROUP SIZE:**  
10 - 16

## Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

### DAY 1 - Join trip in Mahé Island

We can arrive at any time today and take a short transfer to our accommodation located on the beautiful Beau Vallon Beach, the largest in Mahe. This evening the beach hosts its weekly night market. A short walk from our hotel it provides a great opportunity to sample creole street food and browse the handicraft stalls. Supper tonight can be a picnic on the beach and is a perfect introduction to the delicious seafood barbecues and coconut laced curries you will come to enjoy over the next two weeks. Combined with a magnificent Indian Ocean sunset what better way to start your holiday?



**ACCOMMODATION:**  
Berjaya Beau Vallon Bay (or similar)

**Grade: Standard Hotel**



**SINGLE ROOM AVAILABLE**



**SWIMMING POOL AVAILABLE**



**MEALS PROVIDED: NONE**

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## DAY 2 - Excursion to Victoria and the Botanical Gardens

We spend this morning exploring Mahe's capital, Victoria, on foot. Whilst it may be more of a capital town than a capital city, Victoria is definitely worth a visit. Independence Avenue, the modern shopping area, is as charming and full of life as the old colonial quarter. The heart of the city is around the cathedral and famous clock tower, which is a perfect (smaller) replica of London's Big Ben. We include a visit to the market with its abundance of colourful fruit, vegetables and freshly caught fish before continuing on to the tranquil Botanical Gardens. Here we see the famous coco de mer nut, giant tortoises and a collection of rare exotic plants. Colonies of fruit bats roost overhead and regularly take flight across the giant palms. We return to our hotel around lunch time and this afternoon is free to enjoy the facilities and simply relax. The Seychelles beaches are incredibly clean and free from litter, they are also all open to the public so there are no beaches off limits - you can lay your towel wherever you choose.



ACCOMMODATION:  
Berjaya Beau Vallon Bay (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 3 - Full Day Tour of Mahe Island

Mahe is the Seychelles largest island and is the political and economic centre. Some 27km long and 8km wide, it has beautiful beaches with powder white sand, graceful palms and clear turquoise waters. The incredible diversity of the islands' scenery and vegetation is due in part to its mountainous interior which reaches a height of 905m. Roads on Mahe are well maintained and provide good access to the many hidden coves and villages. Today we take a trip which takes in all of the island's highlights. Travelling by bus and on foot we follow the short Glacis Trois Freres Trail, passing through lush rainforest and a tea plantation, ending at the factory where you may take a short guided tour or simply sit with a brew and take in the magnificent Indian Ocean views. We will also visit the Mission, a place of historic importance after the slave trade. Arriving at Baie Ternay Beach around lunch time there will be opportunities for swimming and snorkelling before taking a stunning coastal drive right around the southern peninsula, stopping to take photographs and admiring the incredible scenery and vivid island colours.





ACCOMMODATION:  
Berjaya Beau Vallon Bay (or similar)



**Grade: Standard Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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#### **DAY 4 - Optional boat trip to the St. Anne Marine National Park**

An optional full day boat trip is available today for those who want to take to the water and explore other islands and the wonderful marine life. The boat is glass bottomed and sails from Victoria to the St Anne Marine National Park, a cluster of islands off the north east coast. The calm crystal waters are perfect for snorkelling and sightings of turtles are very common. We land on one of the protected reserves and say hello to the giant tortoises who reside here. We enjoy a barbecue lunch before taking to the waters once more, swimming as we anchor alongside a beautiful beach. For those who do not participate in this activity our hotel has a lovely pool and access straight on to the beach. On many of the Seychelles beaches it is possible to wade out and snorkel straight from the shore line, this in part is due to the enormous granite boulders which dramatically rise out of the sea and appear to book mark the ends of each beach. These imposing rocks shelter the waters, and are what differentiate the Seychelles beaches from those found elsewhere in the Indian Ocean.



ACCOMMODATION:  
Berjaya Beau Vallon Bay (or similar)



**Grade: Standard Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 5 - Catamaran to Praslin Island. Visit Vallee de Mai National Park**

This morning we leave Mahe and take the one hour crossing to Baie Saint Anne, Praslin, the second largest island in the Seychelles archipelago. Keep a look out for dolphins on the journey as they are regularly spotted in these waters. Praslin is home to one of the Seychelles World Heritage Sites - the Vallee de Mai. It is a primeval rainforest containing the famous coco de mer palms that have the largest and heaviest coconuts in the world. Vanilla orchids, a variety of lizards, frogs and some of Earth's rarest birds also reside here. The walk follows a designated pathway and is shaded almost throughout as the trees provide an enormous rainforest canopy offering a welcome relief from the hot sun. Our entrance ticket is valid all day so we can spend as long as we wish here before taking the simple downhill walk back to our hotel. This evening there are several restaurants close by to try out, plus there are also take away options. Whilst seafood and aromatic curries may dominate the menus in this part of the world, there is plenty of choice with pizzerias and Italian restaurants popular too.



ACCOMMODATION:

Palm Beach Hotel (or similar)



**Grade: Standard Guesthouse**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 6 - Full day boat trip, go snorkelling and meet giant tortoises**

Praslin is an ideal place from which to take a boat trip and explore other islands in this vast archipelago. Departing after breakfast we take a full day boat trip which visits the island of Curieuse and anchors at the snorkelling spot, St Pierre. Disembarking at Curieuse we are greeted by giant tortoises who amble freely, close to the waterfront. An hours' walk through the interior takes us across boardwalks above the mangrove swamps. Hundreds of mud crabs scuttle into their holes as we approach. As we get close to the water's edge listen out for splashing; small sharks and rays are often sighted here. The conditions may be hot and humid but the majority of the walk is flat and in shade. A delicious barbecue lunch is served back on board before continuing to St Pierre Island, a pristine snorkelling area with colourful fish and the

occasional turtle. We arrive back at our hotel around tea time so can freshen up before venturing out later for supper.



ACCOMMODATION:  
Palm Beach Hotel (or similar)

Grade: Standard Guesthouse



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

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### DAY 7 - Beautiful Island walk across Praslin

Just a few yards from our hotel we catch the public bus this morning to the start of our walk. After disembarking we descend slowly along pathways, taking our time as we stop to look at the endemic fauna, listen out for birdlife and take in the stunning panoramic views. We cross to the other side of the island and arrive at our first beach and swim and snorkel before continuing on towards the headland. The scenery is magnificent as we look out across the ocean and other islands. Anse Lasio is our final destination, arguably the most beautiful beach in Praslin. Here we spend some time enjoying the crystal clear waters and soft white sand. Again we swim and snorkel enjoying the marine life right from the shore. After our full day of exploration we take the local bus back to our hotel which follows either a coastal or mountainous route depending on the timetable running that day.



ACCOMMODATION:  
Palm Beach Hotel (or similar)

Grade: Standard Guesthouse



SINGLE ROOM AVAILABLE





SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 8 - Ferry to La Digue. Explore the island by bike**

We depart Praslin and take a short fifteen minute ferry journey to laid back La Digue. This island is the smallest of the three on our itinerary and is the epitome of idyllic isolation. It has a real traditional charm about it with plantation houses and dusty roads. Arriving here is like stepping back in time. Transport is very closely controlled on La Digue and the most popular form of travel is by bicycle. The beaches are simply breathtaking; it is a pure photographers dream. This afternoon we take to our bikes and cycle along the top of the island. La Digue is geared up for cycling offering smooth paths which run parallel to the beach and virtually no traffic. The water is so clear marine life may even be spotted from your saddle. There is ample time to stop wherever you choose, enjoy the incredible scenery and maybe spot a giant tortoise seeking shade under a tree. We return to our characterful hotel in time for supper. Our property is a stunning former chateau, with villa style accommodation dotted around the gardens and swimming pool.



ACCOMMODATION:  
Villa Veuve (or similar)



Grade: Standard Guesthouse



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 9 - Visit a working coconut plantation**

After breakfast we will take a walking tour to L'Union Estate, a working coconut plantation. We will be taken through the whole process from the coconut dropping from the tree to producing coconut milk and oil. The plantation sits in a lovely garden setting and the buildings offer great examples of Creole architecture. It is also located close to a succession of stunning beaches. The rest of the day is left free to enjoy this island paradise. You may like to drop by the local ice cream parlour to enjoy a refreshing drink and sample the tropical flavours.



ACCOMMODATION:  
Villa Veuve (or similar)

Grade: Standard Guesthouse



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 10 - Visit three beaches on a walk around La Digue

Today we explore three of the most stunning beaches found on the island. These are off the beaten track and so we will enjoy these shores almost to ourselves. The start of the walk takes us past La Digue Vev Reserve. This is home to the paradise flycatcher, a bird endemic to La Digue which has quite remarkable colouring. The male is a blackbird with a bright blue bill and blue around its eyes; it appears to be wearing bright blue sunglasses! We then continue towards the beach and after half an hour or so will reach our first beach of the day, Grand Anse. We are greeted by an enormous expanse of white sand, turquoise water and huge boulders jutting from the sea. After a refreshing drink we continue further to the second beach, Petit Anse. This walk takes a rocky path, shaded in places, providing glimpses through the vegetation of the incredible blue sea and white sand below. Our third and final beach, Anse Coco, is worth the effort of a further thirty minute walk. This beach not only has the powder sand and crystal waters of the others, it also has a hidden gem - a large secluded rock pool hidden behind a cluster of enormous boulders. It provides the most perfect swimming spot. The afternoon is quite flexible with the option to stay at the beaches as long as you wish, relaxing, snorkelling and just taking in this incredible paradise. We'll take a slightly different route back to the hotel at the end of the day which is approximately one hour of gentle walking.



ACCOMMODATION:  
Villa Veuve (or similar)

Grade: Standard Guesthouse



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST



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## DAY 11 - Return to Mahe where the trip ends

We return to Mahe Island by ferry and enjoy our last day in the Seychelles. Passengers with flights booked directly through Explore have access to our hotel until departure for the airport. So there will be a last chance to enjoy some pool and beach time before heading home. Land Only passengers who have booked their own flights will end the trip on arrival in Mahe late morning.



MEALS PROVIDED: BREAKFAST

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## Trip information

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### Country information

#### Seychelles

##### Climate

The location of the Seychelles, almost directly on the equator, ensures the islands of the Mahé group have a relatively constant climate. Average daytime temperatures range from 24 to 30°C. Relative humidity hovers around 80%. Seasonal winds provide not only refreshment, but also a certain amount of climatic variation. The 'cooler' dry season between May and October is a result of the southeast trade wind. From December until mid-March the northwest monsoon is responsible for warmer, wetter weather. Between these two distinct seasons the islands experience intense heat occasionally aggravated by a complete absence of wind.

Time difference to GMT	Plugs	Religion	Language
+4	3 Pin Flat	Roman Catholic	Seychellois Creole

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### Budgeting and packing

#### Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Mahé Island -Tea factory tour €2.00 per person; Glass bottom boat trip (including lunch and snorkelling) €105.00 per person.

La Digue Island - Bicycle hire €10.00 per person per day.

## Clothing

Clothing should be lightweight and ideally cotton all year round. Shorts and T-shirts are acceptable everywhere, although take long trousers/skirts for evening wear. Don't forget your swimming costume.

## Footwear

Lightweight walking boots/shoes or trainers are useful for exploring the islands. Sandals for relaxing and beachwear.

## Luggage

20kg

### Luggage: On tour

One main bag - either a holdall, soft bag or suitcase, plus a daypack. Please remember that you will have to carry your luggage on and off ferries, so try not to overload yourself.

## Equipment

Take a small torch, water bottle, sunglasses, sunhat, suncream, insect repellent, binoculars if planning to birdwatch and a beach towel. Snorkelling opportunities are endless so we strongly recommend you bring your own mask and fins. Bring a lightweight rainjacket just in case.

## Tipping

### Explore leader

Tipping isn't compulsory, and we work hard to ensure that our leaders all receive a fair wage. However, you might want to recognise a leader that's done a great job or really added to your trip by giving them a tip. We're often asked about the recommended amount. It's a tricky one, and down to personal preference, but we'd recommend between £15 to £20 per person per week as a guideline.

### Local crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, your leader may organise a group's tips kitty for included activities and meals and if this is the case, they will account for it throughout the tour.

Accordingly, you should allow €20.00 per person for group tipping

## Seychelles

### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may

charge more.

<b>Lunch price</b>	<b>Dinner price</b>	<b>Beer price</b>	<b>Water price</b>
£15	£20	£3	£1.5

## Foreign Exchange

### Local currency

Seychelles Rupees.

### Recommended Currency For Exchange

We suggest you take most of your spending money in cash (in small denominations). Sterling, Euros and US Dollars are all readily convertible. N.B. US\$ notes should be in good condition and not torn or marked. Notes prior to 2000 of any currency are often not accepted.

### ATM Availability

There are ATMs, which accept major international cards, at the airport and at all the major banks in Victoria. You'll also find ATMs at Beau Vallon on Mahé and on Praslin and La Digue.

### Credit Card Acceptance

Widely accepted, but the government does impose a levy which is passed on by the retailer, so check first.

### Travellers Cheques

Not recommended.

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## Transport, Accommodation & Meals

### Transport Information

Boat, Minibus

### Accommodation notes

We stay in three locally-owned and run guest house/hotels in the Seychelles, which brings money into the hands of local people.

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## Essential Information

### FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

## **Under 18 immigration guidance**

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

## **Price Guarantee**

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

## **Visa and Passport Information**

Seychelles: Most nationalities including citizens of the UK, EU, Australia, New Zealand, US and Canada do not require a visa. However, you will need to provide a valid flight ticket, have confirmed accommodation and have sufficient funds for the intended length of stay. Permit will be issued on arrival valid for 1 month.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

## **Booking conditions**

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

## **Transfers**

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

### **Booking a land only package with Explore**

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

### **Joining Tour Abroad**

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at

the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

## **Insurance**

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

## **Flight information**

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them [here](#).

### **Flight Information**

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

### **Booking a flight inclusive package with Explore**

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

## **Ability to swim**

An ability to swim is essential for your safe enjoyment of the water based activities on this trip. If you wish to participate in these activities then we insist that you are able to swim.

## **Seychelles**

### **Vaccinations**

Nothing compulsory, but we recommend protection against tetanus, typhoid, hepatitis A, polio and diphtheria. A yellow fever certificate is required if you have travelled from or via a country where yellow

fever is endemic. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.



**AWARD WINNING  
EXPLORE LEADERS**



**PRICE GUARANTEE  
PROMISE**



**AIRPORT  
TRANSFERS**