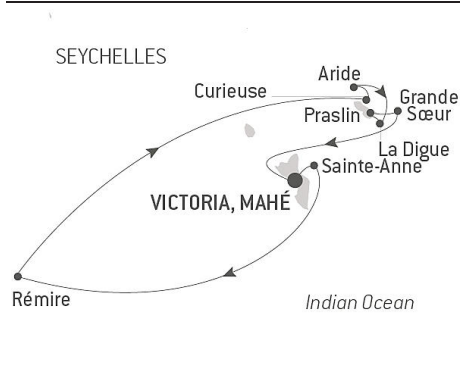


# The Essential Seychelles

From **1/31/2023**  
to **2/8/2023**

Ship: **LE JACQUES-CARTIER**

From **Victoria, Mahé**  
to **Victoria, Mahé**



On this itinerary, **PONANT** invites you to discover the must-see jewels of the Seychelles. On **Mahé**, you will board *Le Champlain* for a **9-day expedition cruise** to the heart of this archipelago's **Inner Islands** for a glimpse of paradise.

The first stop on your cruise: **Sainte Anne Marine National Park**, whose coral reefs are home to stunning species, guaranteeing unforgettable snorkelling.

Then you will sail to **Remire Island**, an Eden lost in the Indian Ocean. Discover its abundant fauna as you explore both on land and under water. Fall in love with this idyllic port of call as you walk around the island and snorkel in its waters.

On **Curieuse Island**, reputed for its red earth and for the **Aldabra giant tortoises** that have taken up residence there, take an excursion to the heart of the **mangrove**. You will then discover **Aride**, an unspoiled delight of the Indian Ocean, home to **thousands of birds** including some endemic species.

*Le Champlain* will then sail for the island of La Digue, a veritable post card of the Seychelles: palm trees, granite rocks, white sand and crystal-clear waters.

In **Praslin**, don't miss the chance to visit the **Vallée de Mai Nature Reserve**. There you will find **sea coconuts**, gigantic endemic fruits with a very evocative shape, nicknamed the "love nut".

Palm trees, granite rock, **white sand and crystal-clear water** await you on **Grande Sœur**. The beaches on this island are each more beautiful than the next, guaranteeing moments of relaxation that will live up to your fantasies of the Seychelles.

Finally, your ship will head for **Mahé**, your disembarkation port.

*The encounters with the wildlife described above illustrate possible experiences only and cannot be guaranteed.*



The information in this document is valid as of 7/4/2022

# The Essential Seychelles

## YOUR STOPOVERS :

### VICTORIA, MAHÉ

Embarkation 1/31/2023 from 4:00 PM to 5:00 PM

Departure 1/31/2023 at 7:00 PM

Discover **Mahé**, the main island of the Seychelles and also the largest of the archipelago, home to the capital, **Victoria**. Mahé has almost 70 beaches of fine sand, framed by the emblematic **granite rocks**, and whose crystal clear waters are renowned for their rich underwater life. The island is also famous for its **splendid mountain panoramas** accessible on hikes, such as the Morne Seychellois, which is 905 metres high and overlooks the Indian Ocean. Mahé is also an island full of history where fine colonial properties rub shoulders with **Creole houses** - and don't forget the marvellous **Botanical Gardens** in Victoria.

### SAINTE ANNE MARINE NATIONAL PARK

Arrival 2/1/2023

Departure 2/1/2023

Lying off the coast of Mahé, the **Sainte Anne Marine National Park** has been protecting the natural riches and exceptional sea beds of **the verdant islands and turquoise lagoons** of Sainte-Anne, Longue, Ronde, Moyenne and Cerf since 1973. These dream islands with their white sandy beaches edged with granite rock, crystal-clear waters and coconut trees promise unforgettable moments of relaxation and discovery. These colourful reefs and granite rocks and their large swathes of seagrass are home to a multitude of **tropical fish** as well as **sea turtles, dolphins** and several species of ray, including the **manta ray**.

### RÉMIRE ISLAND

Arrival 2/2/2023

Departure 2/2/2023

**Remire Island** is like a piece of confetti in the Indian Ocean and is a captivating place to visit. Located in the **Outer Islands of the Seychelles**, it is prized for its unique biodiversity, including its exceptionally rich underwater life. The rare inhabitants of this **tropical islet** watch over its preservation, and a walk amidst its lush vegetation, home to delightful birds, will delight fans of unspoilt areas. For those who love **snorkelling**, myriad colourful fish live among the coral reefs that border the island.

### CURIEUSE ISLAND

Arrival 2/3/2023

Departure 2/3/2023

Situated off the coast of Praslin, **Curieuse** has a distinguishing feature: its red earth. Discovered in 1768 by the French

explorer Marc-Joseph Marion du Fresne, it was ravaged by a fire in 1771 and then home to a leper colony of which a few vestiges still remain. Declared a **national marine park** in 1979, it is home to many underwater species, which can be discovered while scuba diving or snorkelling in the idyllic waters of the Indian Ocean. But above all, Curieuse is renowned for the **hundreds of Aldabra giant tortoises** that live there. It is highly likely that you will get the chance to meet these fascinating reptiles. Along with Praslin, it is also the only island on which the **sea coconut** grows wild.

## ARIDE ISLAND

Arrival 2/4/2023

Departure 2/4/2023

**Aride** is an island in the Seychelles situated a few kilometres north-west of Praslin. Listed as a **nature reserve**, this pearl of the Indian Ocean will seduce you with the beauty of its landscapes of **wild cliffs and fine-sand beaches**. Protected from human impact and sometimes called “bird capital”, it is home to several endemic plants as well as exceptional wildlife. Most notably, it is the refuge of an impressive number of **seabirds** (Seychelles magpie-robins, terns, noddies, and more), and reptiles, such as Wright’s skinks, which can be found in the island’s wooded areas. Sea turtles can also be observed on the island’s beaches.

## LA DIGUE ISLAND

Arrival 2/5/2023

Departure 2/5/2023

**La Digue Island** is a veritable concentration of all the beauty of the Seychelles. Located 6 km south-east of Praslin, this small piece of land that looks like paradise is the third-largest island in the Seychelles, despite its modest size (5 km by 3 km)! Turquoise waters just asking you to swim in them, lush vegetation sheltering **giant tortoises**, beaches of fine sand fringed with coconut trees and surrounded with those emblematic **large granite rocks with their pink highlights** like at the famous Anse Source d’Argent: the perfect picture postcard... **Authentic and preserved**, the island follows a peaceful rhythm, with the only means of transport along its little roads being bikes or traditional oxcarts.

## PRASLIN ISLAND

Arrival 2/6/2023

Departure 2/6/2023

Situated some forty kilometres away from Victoria, **Praslin** is the second largest island in the Seychelles. Its idyllic beaches where granite rocks nestle in immaculate sand correspond perfectly to how we imagine the Seychelles to be. They invite visitors to dive into the **turquoise waters**, which are ideal for snorkelling. In the centre of the island, hidden in the heart of a stunning tropical rainforest, lies the **Vallée de Mai Nature Reserve, listed as a UNESCO World Heritage Site**. In this veritable plant sanctuary, several endemic species of palm trees can be observed, as well as the famous sea coconut, which can weigh up to 20 kg and is sometimes called “*coco fesse*” because its shape calls to mind a pair of buttocks.

## GRANDE SŒUR

Arrival 2/7/2023

Departure 2/7/2023

Located 6 km north of La Digue, **Grande Sœur Island** is renowned for its two sumptuous beaches and its translucent waters, protected by a coral reef. An ideal spot for **snorkelling** and observing the **sea turtles** that co-exist here with the many multi-coloured fish. The pristine Grande Sœur Island is considered to be one of the most beautiful islands in the Seychelles.

## VICTORIA, MAHÉ

Arrival 2/8/2023 early morning

Disembarkation 2/8/2023 at 7:00 AM

Discover **Mahé**, the main island of the Seychelles and also the largest of the archipelago, home to the capital, **Victoria**. Mahé has almost 70 beaches of fine sand, framed by the emblematic **granite rocks**, and whose crystal clear waters are renowned for their rich underwater life. The island is also famous for its **splendid mountain panoramas** accessible on hikes, such as the Morne Seychellois, which is 905 metres high and overlooks the Indian Ocean. Mahé is also an island full of history where fine colonial properties rub shoulders with **Creole houses** - and don't forget the marvellous **Botanical Gardens** in Victoria.