

No jewel in the crown when every island is a precious gem

The tropical Seychelles encompass a natural wonderland of 115 islands to be discovered by land and sea. It's a perfect destination for families and most of the hotels have everything from sailing to golf, from fishing to simple-sunbathing.

Mahé, the largest island in the Seychelles, is home to the Four Seasons Resort. Located at Petit Anse, it's a haven of luxury and personal service, with an outstanding beach and private hill-top villas ensconced amidst a jungle of coconut, mango, jackfruit and cinnamon trees.

Relaxation is top of the agenda. A visit to the Hilltop spa – 80m above sea-level and overlooking the ocean – ensures jet-lag fades instantly and with only a three hour time difference it's soon gone.

At Petit Anse, meaning Little Cove, you can discover the underwater world with the resort's on-site diving centre or try snorkelling and learn about species like the Blue-Ring Angel fish through the helpful marine biologists.

Alternatively, try the Mountain Yoga or Sunset golf. (The golf balls are

actually biodegradable fish food!)

A one-hour island hop away is the stunning and seemingly untouched Silhouette. There is only one hotel on this remote island, The Hilton Seychelles Labriz & Spa, so when you alight from the ferry you are greeted by the hotel's staff with a very warm welcome and even singing.

Silhouette – named after Etienne de Silhouette, the former French minister of finances – remains one of the richest biodiversity hot-spots in the western Indian Ocean. Much time can be enjoyed either on the extensive "paradise" beach watching crabs in their shells going about their daily business or just sitting in the bath in the evenings watching the fruit bats flying in to roost.

The Robinson Crusoe experience was complete after taking a two-hour walk through the forest to Anse Mondon. After a tough walk, we arrived at the Belle Vue where before me lay a stunning panoramic view of Silhouette's powerful landscape, specifically the secluded cove and the famous North Island.



■ Kate Morfoot enjoys the Seychelles

Despite being on this remote island, the food is fantastic, comprising of the Portobello Italian, Sajura, Teppanyaki and Grann Kaz (for authentic Creole food). For the water babies, snorkelling equipment, kayaking, water-skiing and jet skiing is also available.

Praslin, the second largest island, is home to Vallée de Mai: the unique home of the world's largest seed, the Coco de Mer (or Sea Coconut). Your visit here won't be complete without a tour of the wonderful UNESCO Heritage site, where you will find some of the tallest palm trees in the world and, if you're lucky, the rare Seychelles Black Parrott. Le Duc de Praslin is the only four-star hotel on this island offering exceptional value. The two restaurants, Le Dauphin Restaurant and Cafes des Arts, attract visitors for miles with their seafood, barbecue and mixed grill buffet nights. The family hotel's owner, Robert, is proud to hire only local staff and has built two villas that look over photo-hotspot St Pierre Island.



■ Sharing a beach with the locals

On the other side of the island, you will find one of the world's best beaches, Anse Lazio. Here, the sea is warmer than a bath and there's a brilliant restaurant, 'BonBon Plume', serving local delicacies like Grilled Crevettes, Smoked Fish and the Crab Creole Curry.

The Inter Island Ferry from Praslin to our next island, La Digue, took only 30 minutes. Upon arrival, an ox cart will take you to your hotel should you wish, or if you're staying at Le Domaine D'Orangerie, the

golf buggy will come and pick you up. Le Domaine has the most luxurious sunbathing facilities and, as part of your hotel package, bicycles are included. In no time we were pedalling alongside locals with 20 or 30 Job fish attached to their handle bars as they cycled home.

Le Domaine offers guests the opportunity to take day trips on its catamaran Ophelia. We opted for the Three Sisters day trip which included a visit to the Islands of Felicité, Coco and Sister islands (95 Euros per person each). The full day trip included a sumptuous barbecue lunch on board the boat, with lots of opportunities to take photographs, sunbathe and snorkel.

The Seychelles are a magical paradise and unlike so many other places, there is no jewel in the crown. Each island is special and unique in its own way – only through adventure can you discover every precious gem.



■ A two-hour walk was rewarded with a view of a secluded cove

Travel Facts

For more information about the Seychelles: seychelles.travel
When to go: Pleasant all year around with minimum temperatures of 28 degrees. Dry Season – end of February to June and October to early Dec.

How to get there: You can book your flight direct or take a package deal with www.seyexclusive.com. Fly with Emirates from Heathrow or Gatwick via Dubai.

Hotel Accommodation: fourseasons.com on Mahé Island, around 30 minutes from the airport

Four Seasons Seychelles - Garden Villa, BB, 2 people sharing - from £ 525 per night To book Call: 01522 792999, email enquiries@seyexclusive.com, website www.seyexclusive.com
Labriz Hilton Hotel, Silhouette Island
For a Beach Villa (01306 747008 or kuoni.co.uk) offers 7 nights with breakfast at the 5-star Hilton Seychelles Labriz Resort & Spa in a beachfront villa, including flights with Emirates Airlines from Heathrow and group transfers in resort. Prices for 2014 are from £1,815 per person, based on two sharing. To book please quote: 100382

Le Duc de Praslin, Anse Volbert on Praslin Island is from 300 Euros a night for a double room. Tel: 00 248 4294800 Email: Leduc@seychelles.net
Le Duc Hillside Villa sleeps 8 people is 850 Euros per night including use of a car. Visit leduc-seychelles.com for the latest deals.

Le Domain D'orangerie on La Digue Island. Domaine - prices for Garden Villa, BB, 2 people sharing - from £279 per night. To book call: 01522 792999, email enquiries@seyexclusive.com, website seyexclusive.com/

Tricycle Cinema



Fri 1 – Thurs 7 August

DAWN OF THE PLANET OF THE APES (12A)

Fri / Mon – Thurs 20:30 | Sat 13:30 & 20:30

Sun 20:00 | **Subtitled screening:** Thurs 14:30

MOOD INDIGO (12A)

Fri 14:30 & 18:20 | Sat 16:15 & 18:20

Sun 17:45 | Mon – Thurs 18:20

NATIONAL THEATRE LIVE
SKYLIGHT ENCORE (15)

Sun 14:00

Listings correct at time of printing but may be subject to change. Please visit our website for most recent information.

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