



SEYCHELLES NATURE WALKS AND TRAILS

USEFUL TIPS FOR A
MEMORABLE EXPERIENCE





PREFACE

The islands of Seychelles enjoy a rich biodiversity which provides visitors as well as all Seychellois with a unique opportunity to be adventurous and explore the various land flora and fauna from the coast to the highest peak of the islands.

It is an experience that needs to be fulfilled by being in direct contact with this extraordinary nature with its luxurious vegetation and breathtaking panoramic views, making one feel that the time spent wandering amongst these exceptional places is worth every minute.

However, this wonderful feeling of accomplishment should not be jeopardized by failure to take reasonable safety precautions which are of paramount importance in order to fully benefit from the beauty of nature.

This leaflet provides useful tips to all visitors before they consider venturing on any walks and trails on the islands. The intention is to ensure that they take informed decisions on safety measures that will help them spend a pleasant holiday while exploring the islands.

Nature Walks and Hiking Trails Essential

In Seychelles, there are both official and unofficial walks and trails. Those that are official, are normally clearly indicated with signage and their paths are fairly well marked. Unofficial trails are often not marked, have no directional signs and their paths are not necessarily maintained. Therefore, before going on any trail please find out which ones are official as well as those which are not. It is also important that you know the name of the selected trails. Your hotel or travel agent representative can assist you with verification or please contact the local tourist information office. It is advisable to engage the services of a licensed guide when going on trails which do not have any directional signs or markings.

It is extremely important for you to inform your hotel, travel agent representatives, families and friends on which walks and trails you intend to go and the approximate time you expect to return. If you cannot find anyone before leaving, please leave a note in your room. It should be pinned or placed in a conspicuous location that should be easy to find. It is advisable to also inform them of any medical condition/allergies including your blood group in case of any accidents/injuries as this information may be essential in the case of a hospital emergency. Please ensure that the information provided is precise and all concerned receive the same information. This is important, in case you have a problem, accident or emergency as it will avoid rescue services receiving conflicting information and reduce the area they need to search.

It is important that you know the phone number of your hotel or travel agent representatives and keep it on you at all times. Ensure that you have a cell phone with you for emergency purposes and it should be well secured so that it does not get lost or damaged whilst hiking.

Useful tips

Before going for a nature walk or hiking on a trail

- Please check the prevailing weather conditions. It is not advisable to go on nature trails when it is raining as the trail paths are wet, slippery and unsafe.
- Gather as much information and relevant details about the trail you intend to go on.
- Ensure you have the correct and the latest up dated version of the map of the chosen trail.

Planning for a nature walk or hiking on trail

- Ensure that you have a list of trails where guided tours are available and seek maximum information about these trails.
- Based on the details such as, trail access, trail condition, length of the trail, level of difficulty etc... you need to decide if you will need the service of a licensed guide.
- Ensure that you are dealing with a licensed guide. Your hotel or travel agent representatives can assist you with verification.
- Make sure you have sufficient water and light snack provisions. Avoid carrying heavy provisions, especially if going on trails that are quite long. Heavy baggage will cause you to get tired very quickly.

Physical conditioning for nature walks or hiking on trails

- A person with a medical condition (e.g. heart condition) should never go on trails alone. It is also advisable to select a trail with less difficulty.
- If you are on medication, ensure that you always have it with you and that it is well secured in case of necessity.
- Walk or hike at your own pace. You, more than anyone else, knows what your body is capable of while walking or hiking.

Safety Gear and Provision Check list

- A small and light compact First Aid Kit(with only essential provisions)
- Leaflet / booklet/ Maps.
- Safety shoes.
- Hat.
- Mobile phone (with charged battery)for contact in case you are lost /have an accident or in an emergency.
- Water for hydration.
- Sunscreen and insect repellent.
- Flashlight(in case you find yourselves still on the trail after dark)
- A whistle to signal attention from other hikers or rescue services in case of injury and if you are in need of assistance.
- A raincoat in case you get caught in an unexpected shower.





Safety Tips on Nature Walks or Hiking

How to stay safe on walks and trails.

- It is advisable to go on nature walks or hiking early to late morning or early in the afternoon. Please avoid going on any nature trails late in the afternoon or in the evening as you may find yourselves still on the trail after dark.
- As much as possible, do not go on nature walks and trails alone; go with a friend or in a group. In case of an accident / emergency, your friend or a person in the group may be able to go and seek help.
- Stick together and do not wander far apart from each other.
- Follow existing foot paths and stick to one path only.
- Follow directional signs.
- Check for markings on rocks.
- Going on nature walks and trails is not about racing. Stop and take small rests as, apart from the health benefits, it is the best way to contemplate the wonderful natural surroundings.

Dangerous species



- There are no venomous or dangerous terrestrial species of fauna or flora on the islands. However there are tropical insects including mosquitoes.
- If you are a person with allergic conditions you may need to be careful when going on trails to avoid being bitten/stung by insects which may provoke your allergy. Bring along insect repellent with you and wear long trousers and light shirt/T shirt with long sleeves to protect yourself.

Undertaking walks and trails with children

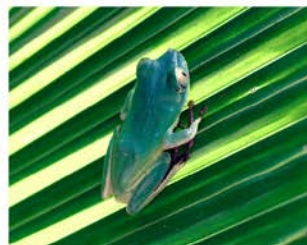
- Before going on any trail with children please find out if the trail is suitable and safe for children.
- Find out if there is safety signage for children's safe access.
- When in groups, children should always stay together.

Supervision

- Children should always be under the supervision of an adult team leader or their parents.
- Never leave any child unsupervised on any walks and trails at any time.

Be Responsible

- When taking pictures, avoid getting too close to ravines or cliffs where you may easily lose your footing and fall.
- Do not disturb any living things found in their natural habitats; watch, appreciate them and take souvenir pictures only.
- Do not litter on any trails; keep all your rubbish in a bag and bring it down with you and dispose of it in the nearest refuse bin.
- Avoid smoking while hiking on any trails.



List of official Trails

Even though the trails below are official always remember that you are on unfamiliar territory and it is best that you do not venture on any trail alone. Always be accompanied by a friend, groups of friends or a licensed guide who knows these trails.

Mahé Island

- Copolia Trail
- La Reserve Trail
- Les Trois Frères
- Morne Blanc
- Mare aux Cochons
- Dans Gallas
- Anse Major
- Salazie
- Casse Dent
- Dan Bernard(Bel-Ombre)
- Vacoa trail

Praslin Island

- Glacis Noir
- Vallée de Mai
- Fond Ferdinand
- Anse Georgette
- Anse Lazio
- La Plaine Hollandaise

La Digue

- La Digue Veuve Reserve

List of trails which are NOT official

We strongly recommend that you do not venture on any trails that are not official without being accompanied by a licensed guide.

Mahé Island

- Mont Seber
- Bernica
- Gran Bwa
- When she comes
- Ros Sodyer
- Tomazin
- Basen Diri (Pti Bwalo)
- Baie Ternay
- Mont Signal
- Ma Josephine(La Misere)
- Ros Lepa
- Kap Matoupa
- Anse Diri (Cap Ternay)
- Cephal (Morne Blanc)
- Dan dezer

Praslin Island

- New Come
- Salazie
- Pasquiere

La Digue

- Anse Cocos
- Belle Vue- Anse Cocos
- Petite-Anse- Grand- Anse
- Belle vue - Grand- Anse
- Anse Source d'Argent - Grand-Anse.





Seychelles Sustainable Tourism Label

Safeguarding Seychelles for Tomorrow

Emergency and Hotline Numbers -for emergency or Emergency related incidents only!

Seychelles Police Emergency:

Seychelles Police crime related emergency
Department of Environment Green line

Tel : 999

Tel : 133

Tel : 2722111

Fire and Rescue Services Agency

Hotline number:

Seychelles Hospital -Emergency

Tel : 4323242

Tel : 151

List of other Essential Numbers

Essential numbers

Seychelles Tourist Information Office on Mahé

Tel : 4610800

Seychelles Tourist Information Office on Praslin

Tel : 4233346

Seychelles Tourist Information Office on La Digue

Tel : 4234393

Tourism Department

Tel : 4286514

Seychelles Police

Tel : 4288000

Seychelles National Parks Authority

Tel : 4225114

Fire and Rescue Services Agency

Tel : 4289950

Seychelles Hospital

Tel : 4388000



*Prepared by the Risk Management Section, Tourism Department, Ministry of Tourism, Civil Aviation, Ports and Marine
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