

## TYPICAL 7 DAYS ITINERARY WITH NORTHWEST WINDS - November to April

**Day 1 : Praslin** Don't leave Praslin without visiting Vallée de mai, a valley protected by UNESCO home of rare species of trees and particularly the famous coco de mer, a unique palm tree. A walk in the Vallée de mai is enchanting. The path wanders in the near obscurity created by enormous palm leaves of the cocos de mer. The trunks are 40 m high and sway gently in the breeze, making a strange rustling sound as they rub against one another. Wherever you look the foliage seems to go on and on as the path winds up through dark, damp clefts before coming out onto the ridge where there are magnificent views over a dense sea of green.

**Day 2 : Praslin to La Digue - 6 miles** Anchorage in Petite or Grande Anse, South East of the island. Rent a bike to visit this beautiful island never overrun with tourists, thanks to the lack of accommodation. With its white tracks winding under tall palm trees, houses with roofs of palm leaves, small copra factories, fine white sand beaches and large polished rocks, La Digue might be the most beautiful island in the Seychelles. No cars, only bicycles or carts drawn by oxen. Horse rides are also possible.

**Day 3 : La Digue to Curieuse - 7 miles** Sail around Marianne and Félicité. Anchorage on the west coast of Grande Soeur for lunch. Unforgettable snorkelling at Cocos Islands. Made of large rocks with strange regular stripes carved by the sea, Cocos Island forms a beautiful sight with a great harmony of shapes and colours. The ochre colour of the rocks is in contrast with the bright green palms of the coconut trees and the white sand of beaches lined with deep turquoise water. Under the sea, the vision is equally attractive with large arborescent corals where thousands of many coloured fish swim in front of narrow breaks and dark caverns. Go to Curieuse and anchor for the night in Baie Laraie, east coast, or go back to Baie Sainte Anne if you need water.

**Day 4 : Curieuse to Saint Pierre to Curieuse - 6 miles** Curieuse, part of the Marine National Park is the home of hundred or so giant turtles, you cannot miss them. 45mn walk, into mangrove and "coco fesse" trees, leads you to the other side of the island, where is a nice beach and small but interesting museum. Sail to St Pierre islet, a mass of rounded rocks crowned with a clump of tall palms swaying gently in the wind: typical and superb scenery of the Seychelles photographed on countless occasions and printed a million times in tourism magazines! Excellent spot for snorkelling with magnificent underwater scenery. Go back to Baie Laraie for the night.

**Day 5 : Curieuse to Aride to Curieuse - 12 miles** Aride Island, placed under the supervision of the Royal Society for Nature Conservation, is a conservation area. Narrow paths through the dense vegetation leads to the rocky barrier in the north from where the whole island can be observed. Free of cats and rats, which have ravaged so many tropical islands in the world, Aride is a haven for a wide variety of seabirds, unique vegetation and rare land birds. The ten species of breeding seabird include the rare roseate tern and the red tailed tropicbird. The world's largest colony of lesser nobby, more than 200,000 couples nest there. Open on Mondays, Wednesdays and Sundays. Back to Baie Laraie for the night

**Day 6 : Curieuse-Cousin to Bay Ste Anne - 15 miles** Cousin Island is a nature reserve and bird sanctuary with rare species and some giant turtles. Less than 800 meters in diameter, the island can be visited from Tuesday to Friday. A small path leads to the turtles' enclosure from where it leads to the summit through dense vegetation. Great panorama and good spot from which to observe the gracious flights of tropicbirds. During the season of southeasterly winds, there may be up to 100,000 couples of black noddies nesting in the trees. Go back to Baie Sainte Anne for the night.

**Day 7** check out at the base at 09.00 am.

## TYPICAL 7 DAYS ITINERARY WITH SOUTH EAST WINDS - May to October

**Day 1 : Bay Ste Anne** Visit of the Vallée de mai, a valley protected by UNESCO. A walk in the Vallée de mai is enchanting. The path wanders in the near obscurity created by enormous palm leaves of the cocos de mer. The trunks are 40 m high and sway gently in the breeze, making a strange rustling sound as they rub against each other. Wherever you look, the foliage seems to go on and on as the path winds up through dark, damp clefts before coming out onto the ridge where are magnificent views over a dense sea of green. Night anchorage in Bay Ste Anne.

**Day 2 : Ste Anne Bay to Curieuse- 8 miles** Sail to St Pierre islet, a mass of rounded rocks crowned with a clump of tall palms swaying gently in the wind: typical and superb scenery of the Seychelles photographed on countless occasions and printed a million times in tourism magazines! Excellent spot for snorkelling with magnificent underwater scenery. Sail to Curieuse and stop in Anse San José. Part of the Marine National Park Curieuse. 45mn walk, into mangrove and "coco fesse" trees, leads you to the other side of the island, home of hundred or so giant turtles, you cannot miss them.

**Day 3 : Curieuse to Cousin island to Anse Lazio - 9 miles** Cousin Island is a nature reserve and bird sanctuary with rare species and some giant turtles. Less than 800 meters in diameter, the island can be visited on Tuesdays, Wednesdays, Thursdays and Fridays. A small path leads to the turtles' enclosure from where it leads to the summit through dense vegetation. Great panorama and good spot from which to observe the gracious flights of tropicbirds. During the season of southeasterly winds, there may be up to 100,000 couples of black noddies nesting in the trees. Anchorage for the night in Anse Lazio, the most comfortable mooring in Praslin and may be the most beautiful beach in the Seychelles.

**Day 4 : Anse Lazio - La Digue.** Rent a bike to visit this beautiful island never overrun with tourists, thanks to the lack of accommodation. With its white tracks winding under tall palm trees, houses with roofs of palm leaves, small copra factories, fine white sand beaches and large polished rocks, La Digue might be the most beautiful island in the Seychelles. No cars, only bicycles or carts drawn by oxen. Horse rides are also possible. Anchor outside the harbour.

**Day 5 : Marianne and Félicité islands, Cocos islands - 13 miles** Sail around Marianne and Félicité. Mooring buoys west of Cocos Islands. Made of large rocks with strange regular stripes carved by the sea, Cocos Island forms a beautiful sight with a great harmony of shapes and colours. The ochre colour of the rocks is in contrast with the bright green palms of the coconut trees and the white sand of beaches lined with deep turquoise water. Under the sea, the vision is equally attractive with large arborescent corals where thousands of many coloured fish swim in front of narrow breaks and dark caverns. Unforgettable snorkelling. Go back to La Digue for the night.

**Day 6 : La Digue to Grande Soeur island to Bay Ste Anne ( Praslin ) - 11 miles** Anchor west of Grande Soeur. Visit of the island made of two steep and rocky hillocks, linked together by a low isthmus. A small coconut plantation hiding some shacks covers the sandy plateau. The contrast made by the bare rocky part and the undergrowth of the coconut grove is beautiful. Great snorkelling on the west coast where you can see marine turtles. Nice beaches on the east coast. Open from Monday to Friday. Go back to Baie Sainte Anne for the night.

**Day 7** Check out at the base at 09. 00 am.