



Seychelles Nature Walks And Trails

Useful Tips For A
Memorable Experience

2nd Edition - 2024 - 2025
Updated November 2023



Nature Walks and Hiking Trails Essential.

In Seychelles, there are both official as well as 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 on 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 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 is not lost or damaged whilst hiking.





Seen Dans Galles

National Parks

Please ensure that you abide by the rules of the National Park whenever you are on a trail. All notice boards contain guidelines on what can be done and what cannot be done on a trail.

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 may become 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
- Wash the outsole of your hiking boots before and after each hike

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 will 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 you are going on trails that are quite long. Seek prior information on the length of the trails. Heavy baggage will cause you to get tired very quickly.

- Do not take anything of value, especially large sum of cash money, with you
- Entrance fees may be applicable for some trails located in protected areas. Prior verification and information regarding sales of tickets and bookings are necessary.

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, know 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) (preferably an android phone) for contact in case you are lost /have an accident or find yourself in an emergency situation. If case of emergency, if you have internet network connection you can use

WhatsApp's on the android mobile phone to indicate your location

- Water for hydration. To protect the environment from litter, a useable water bottle is recommended.
- 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 from 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
- If you find yourselves off trail, especially where there is no mobile network, retrace your steps until you reach your original point of departure. Do not try to go anywhere else, as it is easy to get lost.
- 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.
- Avoid straying from the trail especially in areas with extensive glacia formation
- Take precautionary measures while walking on rocks as these can be slippery especially after rainfall
- Stay on the trail especially in mist forests as there may be hollows hidden under leaf litter and vegetation such as ferns.



Dangerous species

- You do not have to worry about venomous or dangerous species of fauna or flora on the islands. However, there are tropical insects including mosquitoes, wild bees, yellow wasps, and centipedes.
- Do not attempt to touch or disturb any wildlife, as some may be territorial and may sting or bite.
- Also, avoid holding onto, picking or coming into contact with plants that have milky and sticky sap. Some are poisonous and their latex are toxic and caustic; contact with the skin will cause irritation and blistering while contact with the eyes may cause temporary blindness
- 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 and other anti-allergens with you. Wear long trousers and a 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 and under supervision of adults

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

● *Leave only footprints. Be mindful of the environment and consider others who may visit after you.*

● *Do not blast music. If you want to listen to music or a podcast, consider using a single earbud or keeping the volume low so as not to disturb the wild animals in the area*

● *Do not remove or damage trail markers*

● *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.*

● *Do not light fires*

● *Do not swim in rivers*

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, group of friends or a licensed guide who knows these trails.

Seychelles Parks and Gardens Authority (SPGA)
“SPGA managed nine nature trails found within the Morne Seychellois National Park, one nature trail in Praslin National Park, a network of trails within La Digue Veuve Special Reserve and two nature trails on Curieuse Island.

These protected areas are home to a wide range of Seychelles’ biodiversity which include the endangered Scops owl and Jelly fish plant, to the famous Coco de mer and Black parrot, and the rare Seychelles paradise flycatcher, and the free-range Aldabra giant tortoise.”

All official trails are well-demarcated with directional signage and signboards with information. List of official trails including copies of maps and brochures, can be downloaded, on the SPGA website: <https://www.spga.gov.sc>



Below are the list and names of official nature trails that are in the Seychelles National Parks. They fall under the management of the **Seychelles Parks and Gardens Authority (SPGA) Tel: 4225114**
Helpline: - 2818800.

Mahe Island

- Anse Major
- Le Trois Frères
- Morne Seychellois (must not venture without a guide)
- Valriche - Copolia
- Morne Blanc
- Tea Tavern Nature Trail
- Salazie- Fairview
- Dans Gallas
- Dans Bernard - Mare aux Cochons

Praslin Island

- Glacis -Noir
- ### Curieuse Island
- Anse Beaudamier nature Trail
 - Baie- Laraie- Anse Jose Nature Trail
 - Sea Turtle Nesting Trail

La Digue Island

- La Digue Veuve Reserve

Below is the list of official trails that are under the management of other private entities/NGOs
 Before venturing on any of the trails mentioned below, please contact the number indicated below to seek additional information, guidance and assistance.

Mahe Island

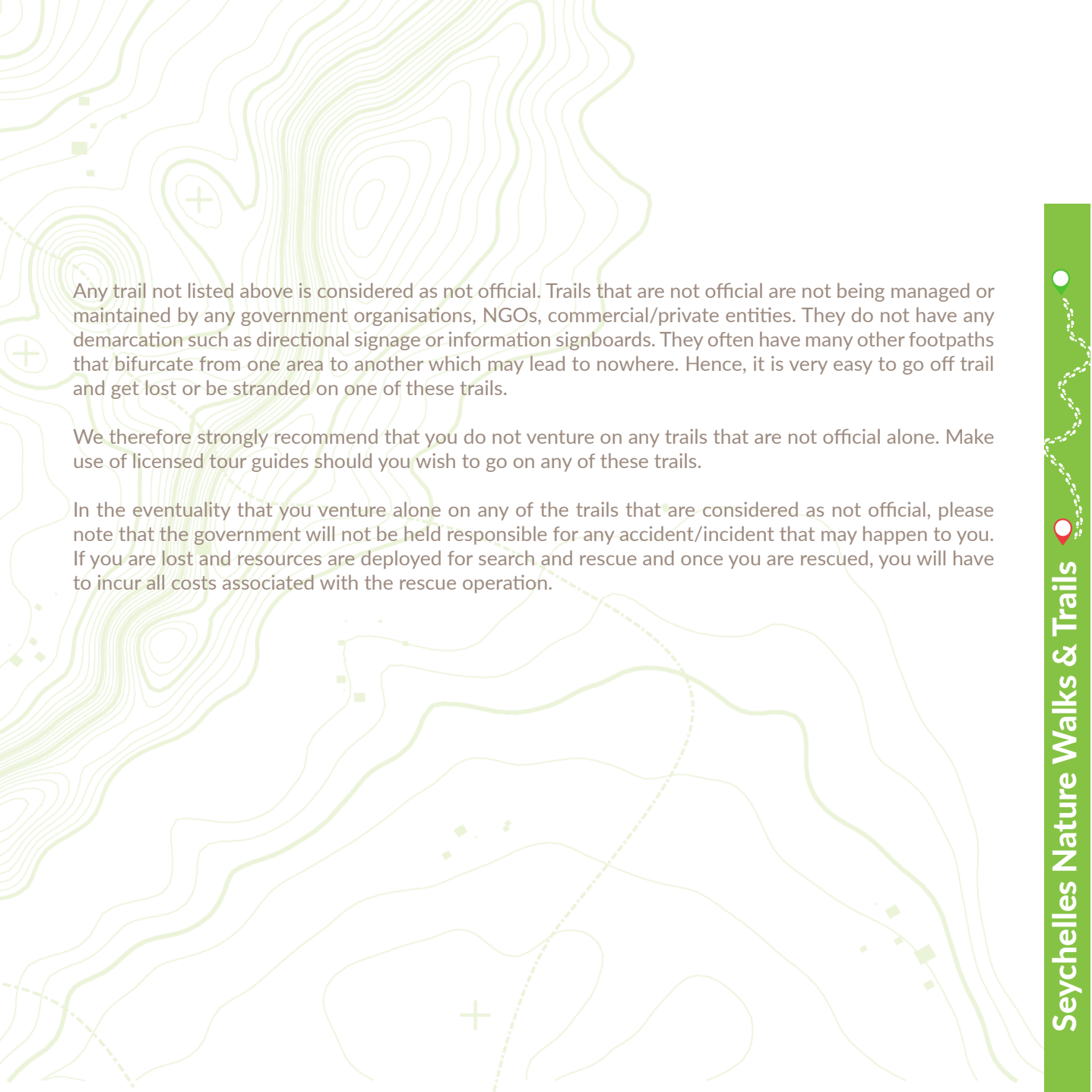
1. Ros Le pa - Port Launay
 Access is through the property of Constance Ephelia Resort.
 Permission is required from the resort by contacting the resort on
Tel: 4395000
- Le Jardin du Roi- Enforcement,
 Anse Royale
Tel: 4371313/284329/2567152

Praslin Island

2. Vallée de Mai trail
 Access is via Valle de Mai
 (Seychelles Island Foundation
(SIF) Tel: 4236220
3. Fond Ferdinand Trail
 (Seychelles Island Foundation
(SIF) Tel:4237316
2. Chenard to Anse Georgette
Tel: 42812281

Silhouette Island

Most of the trails on Silhouette go uphill before reaching the coast and can be physically challenging. Going on these trails alone is not recommended especially for persons with physical/medical conditions. Please liaise with Hilton Labriz Silhouette Resort
**Tel:2493949/2606625 or the Island Conservation Society (ICS)
 Tel: 4375354/2724812**



Any trail not listed above is considered as not official. Trails that are not official are not being managed or maintained by any government organisations, NGOs, commercial/private entities. They do not have any demarcation such as directional signage or information signboards. They often have many other footpaths that bifurcate from one area to another which may lead to nowhere. Hence, it is very easy to go off trail and get lost or be stranded on one of these trails.

We therefore strongly recommend that you do not venture on any trails that are not official alone. Make use of licensed tour guides should you wish to go on any of these trails.

In the eventuality that you venture alone on any of the trails that are considered as not official, please note that the government will not be held responsible for any accident/incident that may happen to you. If you are lost and resources are deployed for search and rescue and once you are rescued, you will have to incur all costs associated with the rescue operation.

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

Seychelles Police Emergency	Tel: 999/112
Seychelles Police Crime related emergency	Tel: 133
Environment Department Green line	Tel: 2722111
Fire and Rescue Services Agency Call Center	Tel: 111
Seychelles Hospital -Emergency	Tel: 151
Seychelles Parks and Gardens Authority Helpline	Tel: 2818800

List of other Essential Numbers

Seychelles Tourist Information Office on Mahe	Tel: 4610800
Seychelles Tourist Information Office on Praslin	Tel: 2724267/272436
Seychelles Tourist Information Office on La Digue	Tel: 4234393
Tourism Department	Tel: 4671300
Seychelles Police	Tel: 4288000
Seychelles Parks and Garden Authority	Tel: 4225114
Fire and Rescue Services Agency	Tel: 4289950
Seychelles Hospital	Tel: 4388000