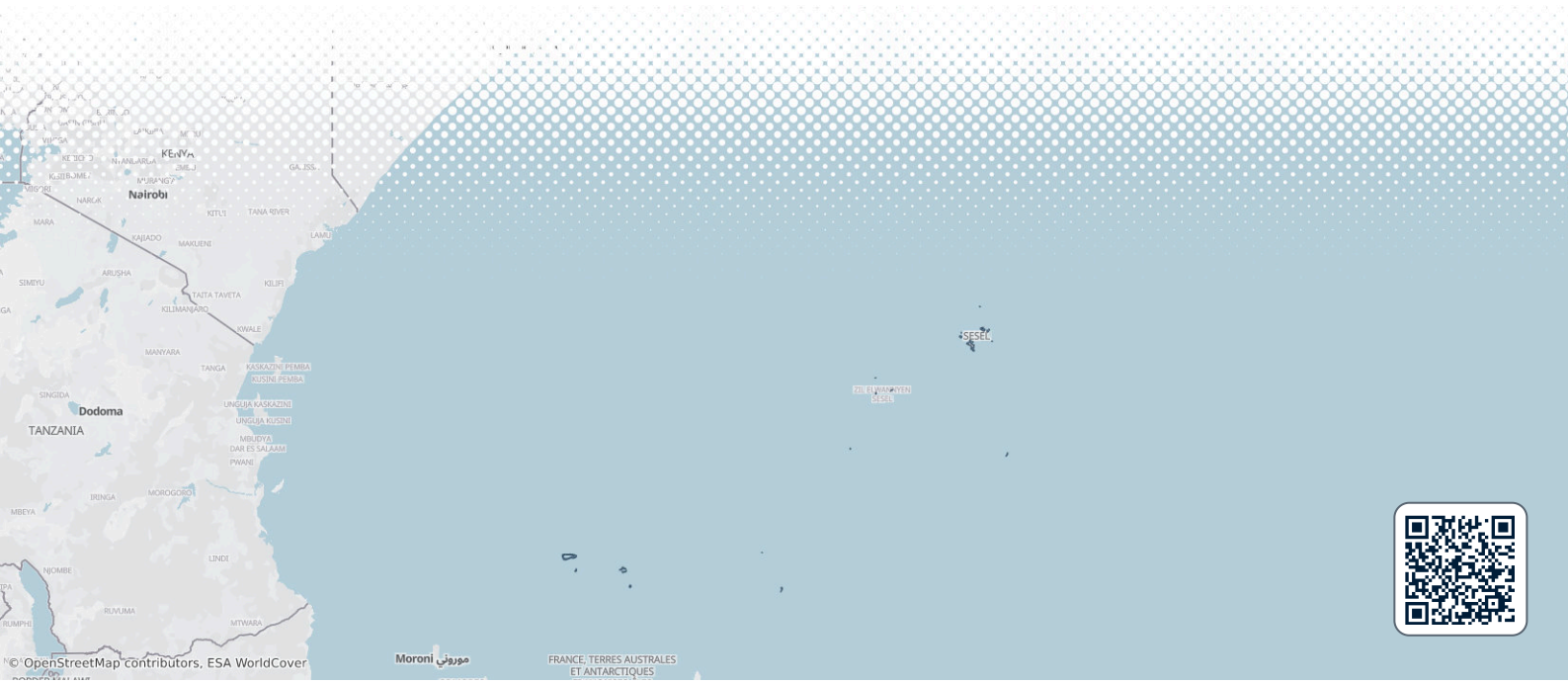


Seychelles

TRAVEL GUIDE

Tripomatic



Overview

Seychelles is an island country in the Indian Ocean. It has 115 islands. Most visitors stay on the three main inner islands: Mahé, Praslin and La Digue. Victoria, the capital, is on Mahé. The country became independent from the United Kingdom in 1976.

The islands are known for beaches, granite rocks, warm sea and nature. Two places are UNESCO World Heritage Sites: Vallée de Mai on Praslin and Aldabra Atoll in the outer islands. Seychelles suits beach travellers, snorkellers, walkers and nature lovers. Travel between islands needs some planning, so allow time for ferries or flights.

Money & payments

The currency is the Seychellois rupee (SCR).

ATMs are found at banks on Mahé, Praslin and La Digue. Check your card fees before you travel.

Currency

CURRENCY
SCR

1 SCR
0.0627 EUR
1 EUR = 15.956 SCR

1 SCR
0.0691 USD
1 USD = 14.476 SCR

Tipping

Tipping is optional. Some restaurants and hotels add a service charge to the bill. Check your bill before you add more.

Restaurant	Optional
Hotel	Optional
Taxi	Optional

Electricity

Seychelles uses the British-style Type G plug at about 240 V and 50 Hz. Visitors from Europe, the US and other regions will usually need an adapter.

ELECTRICITY



Type G

240 V · 50 Hz

Language

English, French and Seychellois Creole are the three official languages. Creole is the first language of almost all people. English is an official language, so visitors can use it in most situations.

Two useful Creole words are *Bonzour* (hello) and *Mersi* (thank you).

Safety & emergencies

Crime is generally low and mostly non-violent. Bag snatching, pickpocketing and theft from cars and rooms can happen. Government travel advice names Beau Vallon, the back streets of Victoria and empty places after dark as higher-risk. Do not leave valuables on the beach or in a parked car.

Swimming needs care:

- Sea conditions change with the season. UK advice says the west coast can be unsafe in the north-west monsoon (about December to March). It says the east coast can be unsafe in the south-east wind season (about May to September).
- Rip currents can form at Beau Vallon when the sea is rough.
- Few beaches have lifeguards. Ask locals or your hotel before you swim.

Drug offences carry severe penalties, up to life in prison. Smoking and e-cigarettes are banned in enclosed public places.

Emergency numbers

GENERAL EMERGENCY	POLICE	AMBULANCE	FIRE BRIGADE
999	999	999	999

Health

- **Water:** Government advice says to use bottled or purified water.
- **Mosquitoes:** Dengue and chikungunya outbreaks occur at times. Use repellent and check current health advice before you travel.
- **Vaccines:** A yellow fever certificate is needed only if you recently visited or passed through a country with yellow fever risk. Ask your doctor about routine vaccines.
- **Hospital:** The main hospital is at Mont Fleuri in Victoria on Mahé. There are health centres in many residential areas and private clinics.
- **Insurance:** Tourists must pay for medical treatment. Travel insurance is strongly recommended.

Visas & entry

Seychelles does not require a visa for visitors. Every traveller, including children, must complete the online Seychelles Travel Authorisation before arrival. Use the official site Seychelles Electronic Border System.

- **Fee and timing:** Apply on the official site before you fly. The Ministry of Foreign Affairs lists EUR 10.90 for a standard application and says you can apply up to 10 days before your flight. Travelling without one may lead to penalties (official border site).
- **What to upload:** A passport, a selfie, your flight booking and your accommodation booking.
- **Visitor's permit:** You receive it on arrival. It is free and is granted for up to three months. Extensions cost SCR 5,000 for each three-month period. See Immigration and Civil Status.
- **On arrival:** Officials can ask for a valid return or onward ticket, confirmed accommodation and enough money for your stay. The immigration page says at least USD 150 per day.
- **Passport:** It must be valid for your whole stay.

Environmental levy: Medium and large hotels, island resorts and yachts charge a Tourism Environmental Sustainability Levy per guest per night from 1 January 2026. It is SCR 75 for medium properties and SCR 100 for large ones and resorts. Small guesthouses are not included. Children aged 12 and under are exempt. Ask your accommodation how it is charged.

> Visa and entry requirements change frequently. Verify current requirements with the official immigration authority or your country's embassy before travel.

Etiquette

- Topless sunbathing is uncommon and is not accepted on some beaches. Nudism is not accepted and can cause offence.
- Avoid public displays of affection.
- Same-sex relationships are legal, but marriage is not recognised. Some LGBTQ+ travellers report discrimination.

Holidays & opening hours

Public holidays are shown below. Plan ahead for holiday dates, because shops, services and transport can change their schedules.

Public holidays

Jan 1	New Year's Day
Jan 2	New Year Holiday
May 1	Labour Day
Jun 18	Constitution Day
Jun 29	Independence Day
Aug 15	Assumption Day
Nov 1	All Saints' Day
Dec 8	The Feast of the Immaculate Conception
Dec 25	Christmas Day
movable — May/Jun	Corpus Christi
movable — Mar/Apr	Easter Monday
movable — Mar/Apr	Good Friday
movable — Mar/Apr	Holy Saturday

Getting around

Seychelles is a group of islands, so plan how you travel between them.

- **By ferry:** Cat Cocos runs high-speed catamarans between Mahé, Praslin and La Digue. There are several trips each day, and you can book online.
- **By air:** Air Seychelles flies between Mahé and Praslin. Some outer islands, such as Bird Island, have small airstrips linked to Mahé. Check schedules and baggage limits before you book.
- **On La Digue:** There is no airport. Most people go by ferry, often through Praslin. The bicycle is the main way to travel. You can rent bikes near the ferry pier. A few ox-carts and private vehicles also operate.
- **By bus:** Public buses run on Mahé and Praslin.
- **Outer islands:** Aldabra has no airstrip, harbour or jetty. Visits need permission from the Seychelles Islands Foundation and a boat trip. See Seychelles Islands Foundation.

Driving

- **Side of the road:** Traffic drives on the **left**.
- **Where you can drive:** Rental cars are available on Mahé and Praslin.
- **Minimum age:** Government advice gives 18 for cars.
- **Licence:** Advice differs. Australian advice asks for your licence or an International Driving Permit. Ask your rental company what it needs.
- **Roads:** Roads on Mahé are narrow and winding, often with sharp bends and steep drops. Not all have safety barriers. Heavy rain can reduce visibility, and potholes can appear after storms.
- **Night:** Roads are poorly lit. Avoid driving after dark if you do not know them.
- **Drink-driving:** It is a known road danger. Do not drive after drinking.

Food & drink

Seychellois food is Creole. Seafood is central, especially fish and octopus. Coconut milk and curries are common. The cooking mixes African, French, British, Indian and Chinese influences.

Try fish curry, *kat-kat banane* (green banana and fish in coconut milk) and shark chutney. *Ladob* is a sweet dish of plantain and sweet potato in coconut milk. Local drinks include SeyBrew beer, coconut water and fresh juices.

What to eat & drink

SWEETS & DESSERTS

Ladob
Ripe plantain and sweet potato boiled with coconut milk, sugar, nutmeg and vanilla. It can also be a savoury dish.

DRINKS

SeyBrew
A beer brewed in Seychelles.

Coconut water
Fresh coconut water is sold as a local drink.

SIGNATURE DISHES

Creole curry · kari
Fish, octopus or other meat cooked in a curry sauce with coconut milk.

Kat-kat banane
Green bananas and fish cooked in coconut milk.

Shark chutney · satini reken
Boiled shark, mashed and cooked with bilimbi juice and lime.

Seychelles – Plan Your Trip
Turn the places from this guide into a real itinerary, with smart routing, time estimates, and everything you need for a perfect trip.
3M+ downloads · 4.6 stars · 15 years of trip planning
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Where to explore

Most trips combine two or three of these islands.

Mahé
Mahé is the main island. It has Victoria, the international airport and most hotels. Victoria Clock Tower is a landmark in Victoria, and Jardin Botanique are nearby. Morne Seychellois National Park covers much of the hills and has walking trails. Beau Vallon is a popular beach with many restaurants. Anse Intendance is on the south coast.

Praslin
Praslin is reached by ferry or a short flight from Mahé. Vallée de Mai is a UNESCO palm forest with the coco de mer, and the black parrot lives only on Praslin. Anse Lazio Beach is one of the best-known

beaches. Boat trips go to Curieuse Marine National Park and Cousin Island. Cousin Island is a nature reserve.

La Digue

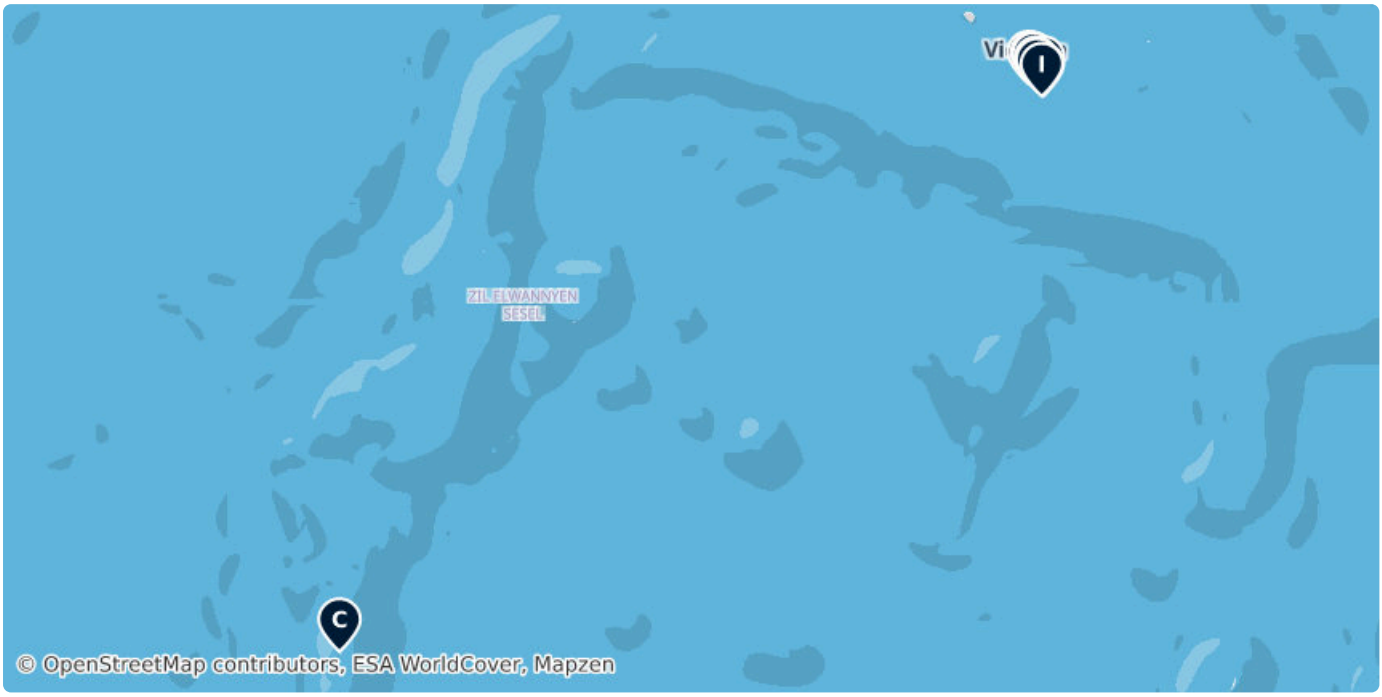
La Digue is small, quiet and best explored by bicycle. It is famous for Anse Source d'Argent, a beach with large granite rocks inside the L'Union Estate.

Other islands

- Silhouette Island lies west of Mahé.
- Bird Island is far to the north and is a private resort island with a small airstrip.
- Aldabra Atoll is a UNESCO World Heritage Site in the remote outer islands. It is home to a very large population of giant tortoises. Visits are tightly controlled.

Top Beaches

This collection highlights beaches around Mahé that feature white sand, granite boulders, and reef-protected coves. Several sites offer direct reef snorkeling, tidal rock pools, and strong ocean surf on the island's southwest exposure. Many beaches sit adjacent to small coastal villages (Baie Lazare, Police) with short access tracks or roadside parking; a few stretch into secluded coves accessed by footpaths rather than boat ramps.





A Anse Intendance Beach

Considered equal to the best beaches of the world, the fascinating beach should not be missed by any chance! A truly remarkable place!

Seychelles (-4.78454, 55.49946)



B Petite Anse (Anse la Liberté)

The wonderful beach located on the southwestern part of of the Mahé island is simply breathtaking. Do make sure you stop by.

(Unnamed Road), Baie Lazare, Seychelles (-4.75450, 55.46471)

C Pointe Huteau

Fine, continuous sandy shoreline with gentle slope; exposed to open ocean swells.

(-6.99923, 52.72246)

D Anse Takamaka

Fringed by granite boulders and palm trees; open-shelf bay with reef patches for snorkeling.

(Unnamed Road), Seychelles (-4.77670, 55.49435)

E Anse Forbans Beach

Narrow coastal bay with shallow waters and nearby local fishing activity.

(Unnamed Road), Quatre Bornes, Seychelles (-4.77542, 55.52400)

F Anse Gouvernement Beach

Sheltered cove with mixed sand and rock shoreline and intermittent coral outcrops.

Seychelles (-4.75693, 55.47811)

G Baie Lazare Beach

Coastal beach beside Baie Lazare village; palm-fringed shore with reef-protected swimming areas.

(-4.76146, 55.48510)



H Police Bay

Small crescent bay backed by rocky headlands and short access from the coastal road.

Seychelles (-4.80253, 55.52193)



I Petit Police

Compact sandy inlet immediately adjacent to a larger bay; limited facilities.

(Unnamed Road), Seychelles (-4.80283, 55.51728)

Underwater Wonders

This selection highlights remote atolls and coral reefs in the Seychelles' Outer Islands, including Cosmoledo Atoll — part of the Aldabra Group located 1,029 km southwest of Mahé — alongside Farquhar and Providence atolls, Bertaut and Remire reefs, and a local diving centre for accessing these reef systems.





A Atoll de Cosmoledo

Cosmoledo Atoll is an atoll of the Aldabra Group and belongs to the Outer Islands of the Seychelles, and is located 1,029 km southwest of...

(-9.72166, 47.58917)

B Farquhar Atoll

Coral atoll in the Seychelles' Outer Islands.

(-10.18623, 51.10597)

C Providence Atoll

Coral atoll within the Seychelles archipelago.

(-9.40219, 51.04498)

D Bertaut Reef

Coral reef feature in the Outer Islands region.

Seychelles (-5.64013, 53.23145)

E Remire Reef

Coral reef feature in the Outer Islands region.

(-5.09891, 53.34533)

F Blue Safari Diving Centre

Diving centre providing access to nearby reefs and guided dive services.

(-7.00853, 52.73076)

DATA SOURCES

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