

silhouette

Inflight magazine of Air Seychelles • October-December 2019

OWN A HOME ON EDEN ISLAND

AND EXPLORE SEYCHELLES FOREVER



Seychelles offers some of the richest fishing and diving destinations in the world. Whether it is casting your fly lines on the magnificent shallow flats, deep sea fishing in the archipelago for an abundance of wahoo, sailfish, marlin or tuna, island hopping in safe, cyclone-free waters, or simply snorkeling amongst the coral this is a paradise that few get to experience. The 115 islands are scattered across millions of square kilometres of water, offering sailors, divers, fishermen or simply paradise seekers a wide variety of seemingly uncharted locations to explore.

In the heart of this paradise lies **Eden Island**, a private residential marina just off the coast of Mahé. The island comprises a wide range of luxury Apartments, Maisons and Villas, each home with its own private mooring. Eden Island hosts an international marina and Eden Plaza with its variety of shops and restaurants to suit everyone's needs.

Owners and their families qualify for **residency** of Seychelles. Ownership is secured on **freehold title**.

Eden Island can be the start to the adventure you've always dreamed of, so take this opportunity to make your home shores one of the most exotic locations on earth.



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Eden.Island.Seychelles @edenislandseychelles



Dear Guests, Welcome aboard!

As our operation is largely focused on connecting Seychelles to the world, we are constantly looking at ways to enhance our service to provide you with more choice and flexibility when travelling.

With this in mind, I am pleased to announce that Air Seychelles has officially taken delivery of its first Airbus A320neo aircraft, equipped with 156 Economy Class and 12 Business Class seats.

Named *Veuve* after a critically endangered bird endemic to the Seychelles, since its delivery on home turf in August 2019, the single aisle aircraft has been successfully operating to Johannesburg and Mumbai as well as on selected services to Mauritius.

Air Seychelles is the first airline in the Indian Ocean and Africa to operate this type of aircraft and this great achievement is indeed an important milestone for the national airline.

The delivery of a new aircraft is a complex project and today I stand with the Air Seychelles team for their hard work and dedication.

The acquisition of the new 'bird' has also led to further developments at Air Seychelles. As part of our network growth, the airline will commence a new service linking the Seychelles and Israel's largest metropolitan area, Tel Aviv effective 27 November 2019.

We are pleased to invite business and leisure travellers from Tel Aviv planning their holidays in the Seychelles to also take advantage of the convenient connections with Air Seychelles to Mauritius and Johannesburg.

For those travelling to Tel Aviv, besides its vibrant shopping and pilgrimage tours around Jerusalem, we invite you to browse page 20 for more insights about the various activities the destination has to offer including page 65 for detailed information about the flight schedule.

The arrival of our new aircraft simultaneously marked the launch of the new uniform design for our cabin crew. Inspired by the calm blue ocean of the Seychelles archipelago, the stylish new uniform, composed of an elegant turquoise ensemble, replicates the natural landscape and surroundings of the islands' ecosystem.

Accessorised with an ornate scarf for the ladies and tie for the gents, the vibrant colours of the fabric reflect the Creole Spirit of the Seychellois hospitality. This was designed by Alyssa Adams, one of the best-known local artists on the island.

Air Seychelles is definitely moving on the right track and we will continue to share our success stories with you as we count on your support in everything that we do.

In the meantime, to make your journey more enjoyable, we invite you to view our range of entertainment by connecting to our new inflight platform 'seyStream' on your personal device.

Do not hesitate to share your experience with us directly on the platform or via email on feedback@airseychelles.com.

Thank you for flying with Air Seychelles today and I hope you have a great trip!



Remco Althuis
Chief Executive Officer



“
Focused on
connecting Seychelles
to the world.

”

FEATURES

20 Gateway to the Holy Land

With its astounding historical relics, impressive religious sites and exquisite natural beauty Israel remains an alluring destination for discerning travellers.

32 Whistle-stop Windhoek

While most travellers do little more than pass through on their way to the bush or the beach, Namibia's capital city of Windhoek is well worth a stop ...

36 Take a bite of Jozi

Johannesburg's culinary scene has enjoyed a burst of energy over the past few years with a clutch of new restaurants and hot young chefs.

42 Beauty in chaos

The salubrious climate, burgeoning culinary scene, vibrant nightlife, atmospheric parks, exotic palaces and a delightful array of retail therapy, makes up for everything.

49 Flower power

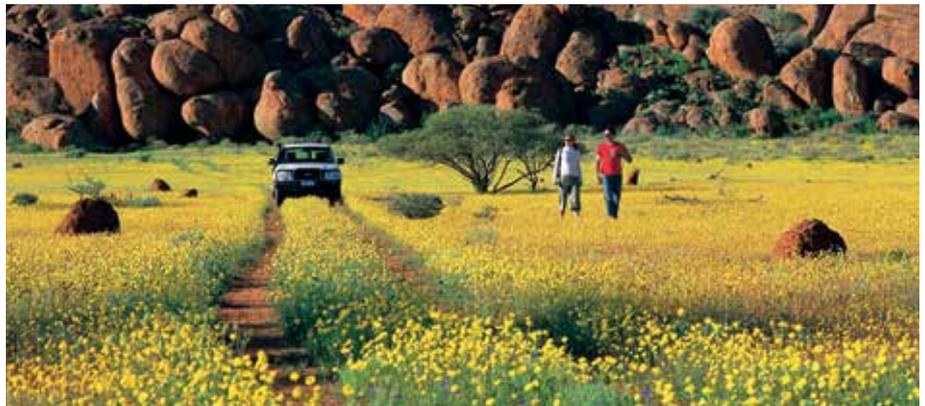
Here are the best places to see the display of the world's greatest natural spectacle – the wildflower season in Western Australia.

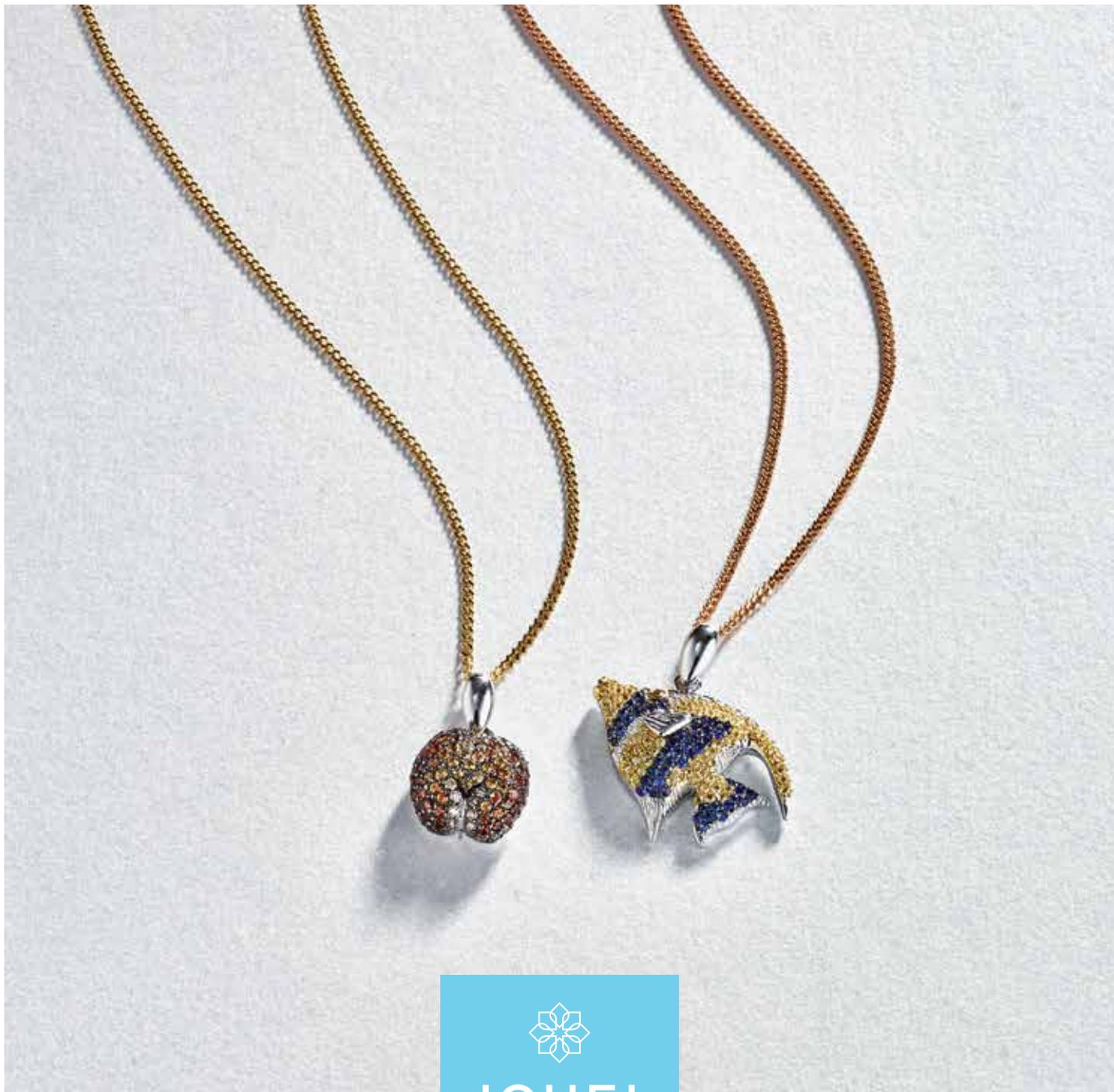
54 Mauritius museums

Enjoy a fusion of Africa, Europe and Asia by exploring the island's heritage through its many diverse museums.

58 The sport of kings

Fashion and passion come together at the Indian Derby. The crowds are huge, the stands are packed, and with an elegance that only India can provide.





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REGULARS



01 Chief Executive Officer's message

06 Kaleidoscope

Local and International news; Trending Technologies; Interview with Seychelles author, Glynn Burridge, to explore his extraordinary life.

28 A natural curiosity

Exotic mysteries such as the Jellyfish tree abound in the Islands and this is just one of the many captivating plants to be found in Seychelles.

63 Inside Air Seychelles

Air Seychelles news, Air Seychelles global offices; International route map; Our fleet; Travel tips.



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Silhouette Island, Seychelles
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seyStream

in-flight entertainment



This aircraft is equipped with **seyStream** wireless in-flight entertainment system which can only be accessed on your personal device (*smartphone, tablet or laptop*).

- 1 Activate and maintain airplane or flight mode throughout the flight.
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Festival Kreol

Date: 23-29 October 2019
 Venue: Mahé, Praslin and La Digue
 Email: cinea@gov.sc

Festival Kreol is the largest and most important event of the Seychelles cultural calendar. The festival is organised with the aim of preserving and promoting Creole culture and traditions. The festival is both an international exchange and a promotion of indigenous arts which attracts Creole artists from around the globe.

The magical mix of Creole music, culture, cuisine, dance, theatre performances, processions and art exhibitions will show you how to celebrate life in Creole style. Visitors will have an opportunity to enjoy the opulent, colourful and joyful programmes for all ages in various locations throughout the islands.

SSFC La Digue Offshore Fishing Tournament

Date: 30 October-3 November 2019
 Venue: La Digue
www.ssfc.sc

SSFC ventures to La Digue, one of Seychelles inner islands, to spend a full fishing weekend on La Digue. The two-day event challenges anglers with 25 total species in both bottom and trolling categories. It is one of the most attended SSFC events of the year. Even if you are not participating with a team in the tournament, the weigh-in event is an event not to miss. Many of the Seychelles species will be on display at the weigh-in event.

Seychelles Ocean Festival

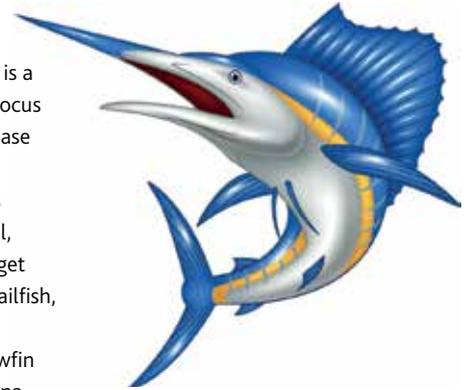
Date: 1 November 2019
 Venue: Mahé Island
www.seychelles.travel

The Seychelles Ocean Festival is an important fixture in Seychelles' calendar of events, highlighting the role and importance of the marine world. It is also a key platform for showcasing the many attributes of Seychelles' marine scene and all that it offers to visitors and locals alike.

SSFC Big Game Classic

Date: 30 November 2019
 Venue: Victoria, Mahé
www.ssfc.sc

The Big Game Classic is a trolling event with a focus on marlin. The all release tournament typically showcases Seychelles largest marlin. In total, 10 species are the target including all marlin, sailfish, swordfish, barracuda, wahoo, dorado, yellowfin tuna and dogtooth tuna.



Seychelles Fashion Week

Date: 28 November-1 December 2019
 Venue: Mahé
www.seychellesfashionweek.com

Seychelles Fashion Week is a platform for promoting all aspects of fashion in the Indian Ocean thus targeting fashion tourism in Seychelles. Our targeted visitors will plan their holidays in the Seychelles to coincide with the event, thus they will get special fare with the airlines and the hotels.

Staysure Tour – MCB Tour Championship (Golf)

Date: 2-7 December 2019
 Venue: Constance Lemuria, Praslin
www.seychelles.travel

This MCB Tour Championship, is a regional golf event which was brought to the Seychelles following a three-year agreement signed by the Mauritian banking giant Mauritius Commercial Bank (MCB) which incorporates a new two-stage Final Series which will draw a close to the Staysure Tour season until 2020. The event sees the participation of various prominent senior golf players from around the world.





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Seychelles International Airport 📍 La Passe, La Digue

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Diwali

Date: 27 October 2019

Venue: All over India

Diwali, one of the most prominent festivals celebrated in India, indicates the triumph of light over darkness, of good over evil. The festival of lights is observed on the day of 'Amavasya' or new moon, the 15th day of Kartik, according to the Hindi calendar. Starting at the end of the cropping season, it is often associated with wealth and happiness. It is one of the most important Hindu festivals with 800 million people celebrating the festival in various ways.

Tel Aviv Night Run

Date: 30 October 2019

Venue: Rabin Square

www.inforgoisrael.com

A favourite with runners, this 10 kilometres race takes place at nighttime to offer its 25,000 participants a different view of Tel Aviv. The race departs from Rabin Square, the city's hub for all major events, and closes with a celebratory finish line festival at Ganei Yehoshua, Tel Aviv's equivalent of Central Park.



Wine festival

Date: 30 October-1 November 2019

Venue: Sandton Convention Centre, Johannesburg

www.winex.co.za

RMB WineX, South Africa's premier wine festival, enjoys a 20-year tradition of bringing the greatest range of prestigious wines to the Jozi hub. Join in the celebration of what's hot in the wine world with award-winning winemakers and celebrities; expand wine horizons with wine launches and bespoke winemaker tastings.



Eros Ramazzotti in Tel Aviv

Date: 9 November 2019

Venue: Nokia Arena, Tel Aviv

www.eventim.co.il

Eros Ramazzotti does not skip Israel with new album and world tour. He returns to all of us for the second time with love sweet Italian music. When you think of Italian music, you immediately come up with the name of Eros Ramazzotti and his romantic and intoxicating music. With a career of more than 30 years, 14 albums sold millions of copies around the globe, some people think of him as the best Italian rock / pop singer.



2019 Nedbank Golf Challenge

Date: 14-17 November 2019

Venue: Sun City, South Africa

www.nedbankgolfchallenge.com

The Nedbank Golf Challenge is one of the highlights of the South African sporting calendar. In a 38-year history, the event has featured the biggest names in world golf. Sixty-four of the world's top players, hosted by Gary Player will play over four days, for a purse of \$7.5 million. It forms part of the Rolex Series on the European Tour and the penultimate event on the Race to Dubai.

The 7,000 metres Gary Player Country Club at Sun City has been the home of the Nedbank Golf Challenge since 1981. Considered the best course in South Africa, the course – which was designed by legendary golfer Gary Player – has been deemed by top international players as demanding yet fair.



MCB Tour Championship

Date: 9-15 December 2019

Venue: Constance Belle Mare Plage

www.europeantour.com

One of the major golf competitions in Mauritius, the MCB Golf Championship sponsored by Mauritius Commercial Bank, will be played at Constance Belle Mare Plage, which has been hosting the competition since 2010. More than a dozen Ryder Cup players are expected to appear in the Championship.



A dream of nature

A place that belongs in another world: Silhouette Island, in the heart of the Seychelles' archipelago.

Hilton Seychelles Labriz Resort & Spa is the only hotel located in the third biggest island of the country.

The eco-friendly resort is a secluded haven, surrounded by a National Park and nestled in lush mountains.

Hike through the rainforest, set out on a kayaking or diving adventure, or slip off to eForea Spa for a relaxing pampering experience.

Contact: Sezlb.info@hilton.com | +248 4293949

www.seychelleslabriz.hilton.com / www.hiltonseychelleslabriz.com

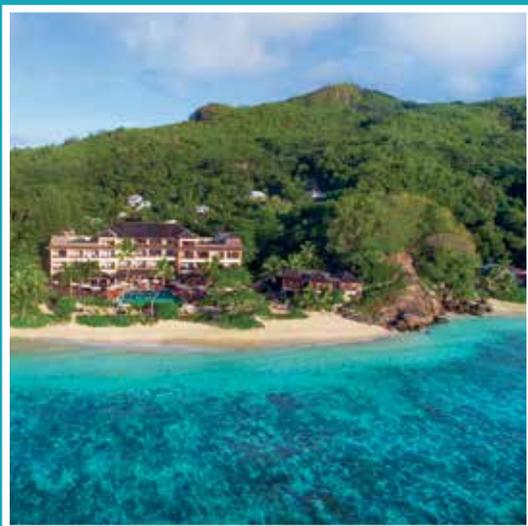
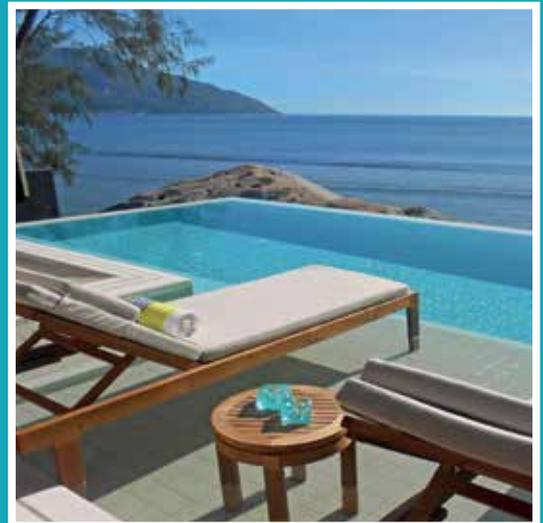
A dream of serenity

Your Creole getaway awaits at this hidden treasure, entirely dedicated to guests aged 13 and older.

Hilton Seychelles Northholme Resort & Spa boasts splendid panoramic views of the Indian Ocean from all the villas and dining outlets.

A romantic atmosphere, of peace and serenity reigns in this little paradise, surrounded by white-sand beaches, tropical gardens and crystal waters. Complete your exotic getaway by trying one of the divine treatments at eForea Spa.

Contact: reservations.seychelles@hilton.com
+248 4299161 | www.seychelles.hilton.com



A sweet south escape

DoubleTree by Hilton Seychelles Allamanda Resort & Spa is ideally located in the South East of Mahé. This charming and vibrant resort makes you experience authentic Seychelles scenery. Each of the rooms boasts a large private terrace with unobstructed views over the Indian Ocean. A turquoise mosaic infinity pool mirrors the blue ocean whilst the superb private beach is dotted with huge granite boulders and perfect for snorkelling. Eforea Spa is perfectly located on the rocks along the beach so you can have a massage with a view.

Contact: SEZDT.RES@hilton.com

+248 438 8800 | doubletree3.hilton.com



IMAGINE YOUR DREAM HOLIDAY ON EDEN ISLAND





THEN IMAGINE LIVING HERE FOREVER

Eden Island in the heart of Seychelles has so much to offer.

The award winning private residential marina development, just off the coast of Mahé, comprises a broad range of luxury Apartments, Maisons and Villas for sale on freehold title or for rental.

With the most modern and well-equipped marina in the Indian Ocean islands, Eden Island is secure and caters to every comfort: exclusive child-friendly beaches, a clubhouse with an infinity pool, gym and tennis court, two other swimming pools and beautifully landscaped walkways. Also found on Eden Island is a buzzy restaurant strip with five restaurants, a coffee shop, a juice bar and two ice-cream shops together with a premium shopping

experience at Eden Plaza comprising a variety of shops, including a supermarket, banking facilities, medical practices and a health spa.

[The Eden Island Luxury Accommodation](#) portfolio has a selection of self-catering accommodation offering the perfect location for holidays or longer-term rentals – all with access to Eden Island’s unique facilities and beaches.

Come and visit us at the Eden Island sales office and see for yourself – your next holiday could become your next home.



Eden Island
SEYCHELLES

PROPERTY SALES: Christopher Nel +248 252 7575 • Jean Markham +248 252 7715 • Brian Gradner +27(0) 82 361 4381

LUXURY ACCOMMODATION RESERVATIONS: +248 434 6000 or e-mail reservations@edenisland.sc

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Trending Technologies

Technological developments and innovations have made great changes to our lives and are important for the development of society and the competitiveness of businesses. They have bettered our lives by making things better, faster, easier and more convenient. Here are a few which have made a positive impact.

1. Artificial Intelligence



Artificial Intelligence (AI), defined as intelligence displayed by machines, has many applications in today's society. AI programmes have been developed to perform tasks for a wide range of activities including medical diagnosis, electronic trading platforms, robot control and remote sensing. The technology has also been used to develop and advance many fields and industries, including finance, healthcare, education, transportation.

Institutions are employing AI to solve some of the world's greatest economic and social challenges.

In agriculture new AI advancements have improved yields and have helped in the research and development of growing crops.

In aviation AI is used for combat and training simulators, mission management aids, support systems for tactical decision-making, and post processing of the simulator data.

AI researchers have created many tools to solve the most difficult problems in computer science and a number of their inventions have been adopted by mainstream science.

In education, one of the encouraging innovations is the idea of a personal AI tutor or assistant for each individual student. It is inevitable that AI technologies will be taking over the classroom in the years to come.

Several large financial institutions have invested in AI engines to assist with their investment practices. For example, Digit is an app powered by artificial intelligence that automatically helps consumers optimise their spending and savings based on their own personal habits and goals.

2. Blockchain



A blockchain is a growing list of records, called blocks, that are linked using cryptography. Each block contains a cryptographic hash of the previous block, a timestamp and transaction data (generally represented as a Merkle tree).

By design, a blockchain is resistant to modification of the data. It is "an open, distributed ledger that can record transactions between two parties efficiently and in a verifiable and permanent way". Once recorded, the data in any given block cannot be altered retroactively without alteration of all subsequent blocks, which requires agreement of the network majority. Although blockchain records are not unalterable, blockchains may be considered secure by design.

3. Augmented reality and virtual reality



Augmented reality (AR) is an interactive experience of a real-world environment where the objects that reside in the real-world are enhanced by computer-generated perceptual information, sometimes

across multiple sensory modalities, including visual, auditory haptic, somatosensory and olfactory. It changes one's ongoing perception of a real-world environment, whereas virtual reality completely replaces the user's real-world environment with a simulated one.

Weather visualisations were the first application of augmented reality in television. It has now become common in weather casting to display full motion videos of images captured in real-time from multiple cameras and other imaging devices.

AR has become common in sports telecasting. Sports and entertainment venues are provided with see-through and overlay augmentation through tracked camera feeds for enhanced viewing by the audience.

The gaming industry has welcomed AR technology. A number of games are developed for prepared indoor environments, such as AR air hockey, Titans of Space, and AR-enhanced pool table games.

AR can be used to facilitate social interaction. An augmented reality social network framework called Talk2Me enables people to distribute information and view others' advertised information in an augmented reality way.

This technique is particularly powerful for educational purposes when users are side by side and can use natural means of communication (speech, gestures etc.), but can also be mixed successfully with immersive VR or remote collaboration.

AR is used to integrate print and video marketing. Printed marketing material can be designed with certain 'trigger' images that, when scanned by an AR-enabled device using image recognition, it activates a video version of the promotional material. For example, one can overlay multiple media at the same time in the view screen, such as social media share buttons, the in-page video even audio and 3D objects.

In education, AR may have a positive impact on work togetherness as people may be inclined to interact more actively with their learning environment. It may also encourage tacit knowledge renewal which makes firms more competitive. It facilitates collaboration among distributed team members via conferences with local and virtual participants using common visualization via touch screen tables, interactive digital whiteboards, shared design spaces and distributed control rooms.

In healthcare, AR can be used to provide guidance during diagnostic and therapeutic interventions e.g. during surgery. Augmented reality can be used for medical training in simulating ultrasound guided needle placement. Virtual reality has been seen as a promising tool in the medical field since the '90s.

Travellers may use AR to access real-time informational displays regarding a location, its features, and comments or content provided by previous visitors. Advanced AR applications include simulations of historical events, places, and objects rendered into the landscape.

AR systems such as word lens can interpret the foreign text on signs and menus and, in a user's augmented view, re-display the text in the user's language. Spoken words of a foreign language can be translated and displayed in a user's view as printed subtitles.



4. Cloud computing

Cloud computing is the on-demand availability of computer system resources, especially data storage and computing power, without direct active management by the user. These are data centres available to many users over the Internet. Large clouds, predominant today, often have functions distributed over multiple locations from central servers.

The goal of cloud computing is to allow users to take benefit from all of these technologies, without the need for deep knowledge about or expertise with each one of them. The cloud aims to cut costs, and helps the users focus on their core business instead of being impeded by IT obstacles. There are different types of clouds:

Private cloud

A cloud infrastructure operated solely for a single organisation, whether managed internally or by a third party, and hosted either internally or externally.

Public cloud

A 'public cloud' is when the services are provided over a network that is open for public use. Public cloud services may be free. Technically there may be little or no difference between public and private cloud architecture, however, security consideration may be different for services.

Hybrid cloud

A hybrid cloud service is a cloud computing service that is composed of some combination of private, public and community cloud services, from different service providers. It allows one to extend either the capacity or the capability of a cloud service, by aggregation, integration or customisation with another cloud service.

5. Internet of Things (IoT)



The internet of things, or IoT, is a system of interrelated computing devices, mechanical and digital machines, objects, animals or people that are provided with unique identifiers (UIDs) and the ability to transfer data over a network without requiring human-to-human or human-to-computer interaction.

The definition of the internet of things has evolved due to the convergence of multiple technologies, real-time analytics, machine learning, commodity sensors, and embedded systems. Traditional fields of embedded systems, wireless sensor networks, control systems, automation and others all contribute to enabling the internet of things.

In the consumer market, IoT technology is most synonymous with products pertaining to the concept of the 'smart home', covering devices and appliances (such as lighting fixtures, thermostats, home security systems and cameras, and other home appliances) that support one or more common ecosystems, and can be controlled via devices associated with that ecosystem, such as smartphones and smart speakers. Some of the uses:

Smart home

IoT devices are a part of the larger concept of home automation, which can include lighting, heating and air conditioning, media and security systems.

Elder care

One key application of a smart home is to provide assistance for those with disabilities and elderly individuals. These home systems use assistive technology to accommodate an owner's specific disabilities. Voice control can assist users with sight and mobility limitations while alert systems can be connected directly to cochlear implants worn by hearing-impaired users. They can also be equipped with additional safety features. These features can include sensors that monitor for medical emergencies such as falls or seizures.

Medical and healthcare

This 'Smart Healthcare', as it is also called, led to the creation of a digitised healthcare system, connecting available medical resources and healthcare services.

IoT devices can be used to enable health monitoring outside the clinic and emergency notification systems. These health monitoring devices can range from blood pressure and heart rate monitors to advanced devices capable of monitoring specialised implants, such as pacemakers, Fitbit electronic wristbands, or advanced hearing aids.

Specialised sensors can also be equipped within living spaces to monitor the health and general well-being of senior citizens, while also ensuring that proper treatment is being administered and assisting people regain lost mobility via therapy as well.

Transportation

IoT can assist in the integration of communications, control, and information processing across various modes of transport. Positive interaction between these components of a transport system enables inter- and intra-vehicular communication, smart traffic control, smart parking, electronic toll collection systems logistics and fleet management, vehicle control and safety, and road assistance.

Agriculture

There are numerous IoT applications in farming such as collecting data on temperature, rainfall, humidity, wind speed, pest infestation, and soil content. This data can be used to automate farming techniques, take informed decisions to improve quality and quantity, minimise risk and waste, and reduce effort required to manage crops. For example, farmers can now monitor soil temperature and moisture from afar, and even apply IoT-acquired data to precision fertilisation programmes.

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8 YEAR OLD RUM

Experiences are Our Luxury



Alphonse Island

The turquoise waters of the Indian Ocean gently lap the dazzling white sandy beaches, fringed by palm trees and surrounded by a wild paradise. A small stylish hotel with a magnificent pool, hotel facilities, Azure Spa and an incredible diversity of experiences that can be encountered on any one of the group of three islands. Relax in one of the authentic Beach Bungalows, Beach Suites or Beach Villas with direct beach access and uninterrupted panoramas of the surrounding ocean.

Cosmoledo Atoll

Referred to as the Galapagos of the Indian Ocean, Cosmoledo is as wild and remote as you can get. An exceptional atoll with just eight unique Eco Pods, that blend seamlessly with the diverse landscape. Defined as barefoot luxury in a place that is frozen in time. Boasting vast sand flats dotted with over 20 islands, islets and cays, an exceptional lagoon and incredible birdlife, Cosmoledo Atoll can only be described as one of "Mother Nature's" finest creations.



Discover...

remote and pristine outer islands and atolls with Blue Safari Seychelles.

Explore...

the Alphonse group of islands, the atolls of Cosmoledo & Astove, and the islands of the Amirante Archipelago.

Experience...

barefoot luxury while soaking up a tropical paradise and indulging in extraordinary land and ocean based adventures.

Blue Safari
SEYCHELLES

reservations@bluesafari.com

www.bluesafari.com



Astove Atoll

Astove Atoll is home to the awe-inspiring "Wall". This breathtaking marine environment has magnificent drop offs that attract the world's finest divers and aquatic photographers and is famous for Jaques Cousteau who filmed part of "The Silent World" along its edges. The newly renovated Coral House with only six rooms receives a handful of guests each week. Astove is surrounded with white sandy beaches which are home to one of the largest populations of nesting turtles.

Amirante Islands

Blue Safari Seychelles will create a bespoke itinerary that is unique and seamless using its fleet of boats and team of professionals. Navigate the many uninhabited islands of the Amirantes on a yacht, exploring the diversity of these atolls. Immerse yourself in the sheer unspoilt beauty of your surroundings, experiencing the remoteness of each dive, snorkel and swim in the warm waters of the Indian Ocean whilst you marvel at the marine life that inhabits the array of islands in these waters.

Glynn Burridge

Ged Brown, the creator of the popular Low Season Traveller podcast catches up with old friend and Seychelles author Glynn Burridge to explore his extraordinary life.



Would you like to share with us how you came to be where you are today?

Well, I am originally English and was born into a farming family on the Devon – Somerset border before moving to Tehran, the capital of Iran, with my parents at age six. My father took a job there attached to the British Embassy and I remained there until I went back to boarding school at the age of 10. I have three homes actually: England, my genetic home; Iran, my spiritual home and Seychelles, my acquired home. After studying Persian (Farsi) at Manchester University, I returned to Iran where I worked as an interpreter/translator. I also became an English tutor to the present King Mohammed Reza Pahlavi, and private secretary to the Shah's nephew, Chahram Pahlavi. The Islamic Revolution forced us to flee to Seychelles where in 1975 the Prince had already purchased Dárros Island, a coral atoll in the Amirantes group, 225 kilometres (140 miles) from the mainland. Here I was based for 20 years living off-grid in a traditional island community, living very much in the custom of island settlers two centuries before. The island was extremely beautiful but it was also a dangerous environment for the careless and very far away from any rescue services – if you made a mistake, the ocean was pitiless and you were gone; simple as that!

Upon leaving Dárros in 1998, I joined the newly formed Seychelles Tourism Marketing Authority (STMA) incorporated to market Seychelles tourism internationally. They were looking for a writer who knew Seychelles well to provide content for their promotional campaigns, brochures, training manual, website, TV programmes etc. I am still writing for the tourism board two decades later.

Please describe something of your life as a Seychelles outer islander.

Island life back then was amazing and very simple in nature. You can imagine it as an old-style plantation surrounded by a universe of water. It was an extremely pristine environment being so distant from the mainland at a time when few boats visited. At the outset we had a small plane until it became too expensive to run and we then fell back on traditional schooner transport to bring us supplies every few months. At the very beginning, our community was 100 strong and the island possessed a clinic where I was the paramedic as well as a jail for the all-too-frequent offenders and breakers of the peace. We all had to double up to make things work and I often substituted as a tractor driver and assisted in the unloading of the schooners, among other roles. There was no television back then, not even a telephone and we stayed in contact with the outside world by radio-telephone. Life was very basic, authentic and down-to-earth and you needed to be very self-contained and resilient if you were going to survive there.

Fortunately, it was a life I adored and being something of an adventurer, I took to it like a proverbial duck to water, spending a lot of time in the ocean, boating, sailing, fishing and diving as I slowly learned the ropes of island living. Back then, I was supremely fit as island life was very physical in nature. For entertainment we played volleyball and football matches on Sunday afternoons on the grass airstrip.

You have great experience of Seychelles and Seychelles tourism, almost from its beginning, so what makes it so special?

I consider myself very privileged to have lived here for so long and to have lived the very essence of the best in island living. I was not here at the inception of modern tourism which effectively commenced with the opening of the Seychelles International Airport in 1972, but when I first arrived on these shores in 1976, annual tourism numbers were still in the tens of

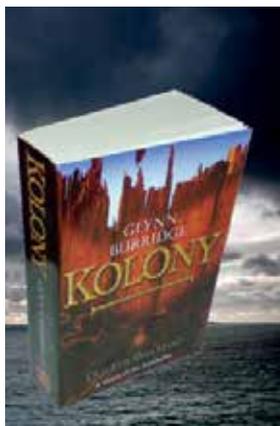
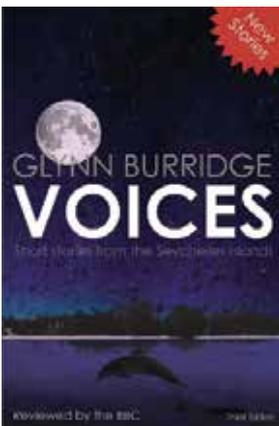


thousands where, today, we have close to half a million. This, alone, dictates a different pace to tourism but our Seychelles tourism is still based on timeless and diverse attributes such as world-beating sun, sea & sand; a vibrant, multi-ethnic culture; an exciting suite of activities such as snorkelling, diving, fishing, hiking, island-hopping, golf, walks & trails, sailing & cruising etc. Besides its grand diversity, sustainability is a big buzz-word these days and Seychelles has succeeded in protecting its exceptional environment thus far thanks to its strong conservation credentials. We should never lose sight of the fact that Seychelles is situated almost at the top of the list of those countries most reliant on tourism so we simply cannot afford to get it wrong.

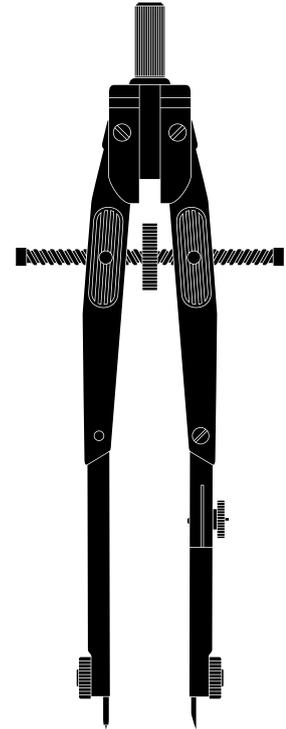
You are a well-known author in Seychelles so can you please tell us something about your books and work?

I started writing seriously in the early 90's when the prince who owned Dárros suggested I write an account of the extraordinary life we were living on the island, details of which would otherwise be lost. As a result, I started writing *Voices* which is a compendium of short stories describing the realities and fantasies of island living. I am very pleased that I listened to him and wrote it, because, to my knowledge, there exist few other accounts of life on Seychelles' outer islands which has now passed into history.

I then began writing *Kolony* which is a 600-page historical thriller and very dark foray into the more sinister side of island living. Beyond that, my day job is sole copywriter for Seychelles tourism and over 20 years I have written articles on many, many topics, a selection of which can be found on my website: www.glynnburrige.com. I have also been a contributor to several coffee-table books such as: *State House; Carnival; Underwater Treasures; SUBIOS: Seychelles Festival of the Sea; Coco-de-Mer; History of SEYPEC*. My current project is as editor in chief of a new Seychelles history book to commemorate the 250th anniversary of the settlement of the islands due to be celebrated in August 2020. 🌴



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Israel

Gateway to the Holy Land

WORDS: PETER HOLTHUSEN



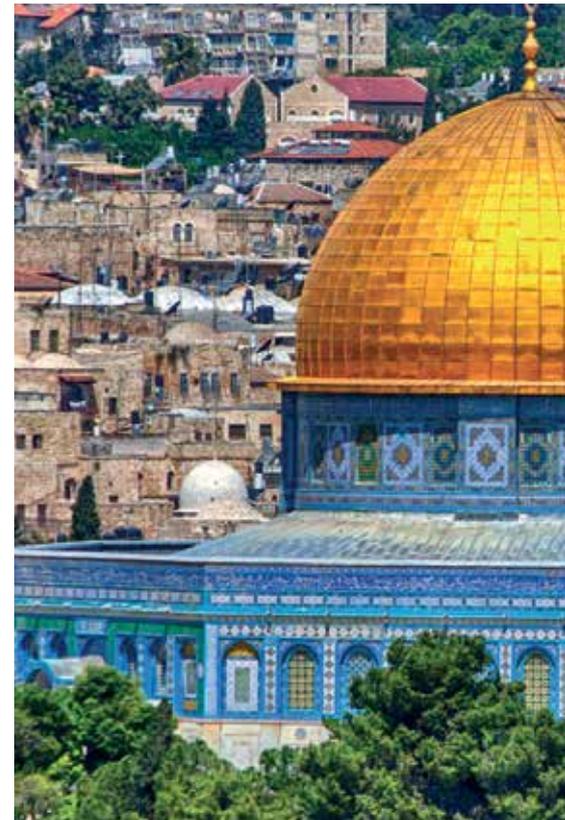
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Israel has always been an alluring destination for discerning travellers. From biblical times to the present day, this spectacular slice of the Holy Land in the heart of the Middle East has long attracted visitors. Its unique geography has shaped its culture and its landscape, from the breathtaking Negev and Judean deserts, to the Red Sea resort of Eilat, to the bucolic Golan mountains.

A journey through the country is a lesson in history and civilisation. Begin in Jerusalem, an ancient city that is sacred to three religions. With hallowed places such as Galilee, Bethlehem, Nazareth, and the Jordan River to continue your explorations, you quickly realise that Israel packs huge historical and geopolitical importance into a surprisingly small space.

Although Israel has always been a particularly sensitive and controversial country, its appeal for visitors is enormous and the day-to-day issues facing its residents have little effect on those coming to appreciate its

astounding historical relics, impressive religious sites and exquisite natural beauty.

Home to the Mount of Olives, the Sea of Galilee and the ancient port of Jaffa, it's hard to go anywhere in Israel without stumbling upon a place of religious significance. But nothing can compare to the Holy City of Jerusalem. Sacred to Jews, Muslims and Christians alike, this ancient metropolis is claimed by both Israel and Palestine and its fragile status remains one of the core issues of the Israeli-Palestinian conflict.

Jerusalem's stunning skyline is a complete contrast to the sensitive political landscape, with its beautiful bell towers, striking minarets and the gleaming golden dome of the Al-Aqsa Mosque. Split into Arabic, Jewish and Christian quarters, this cultural melting pot translates into a sumptuous culinary scene, as well as a feast for the eyes and experiences.

Visually, Tel Aviv seems a world away from Jerusalem. Israel's commercial and political heart is a city of glistening skyscrapers, thronging streets and sandy beaches; of contemporary art galleries, excellent restaurants and hedonistic inhabitants. Quite a contrast, then, to neighbouring Jaffa, a historic

port city of sprawling markets, cobbled docks and crumbling city walls. This juxtaposition of old and new is typical in Israel, where ancient cities like Nazareth and Acre exist alongside modern metropolises such as Haifa (home to the Baha'i Gardens) and Eilat (a beach oasis unlike any other).

Vastly different aspects of Israel attract very different travellers. Spiritual visitors can explore cities and shrines sacred to Christianity, Islam and Judaism. Jerusalem's bustling 'Old City' alone is significant to each of these religions: Follow the last steps of Jesus down the Via Dolorosa, the 'Way of Sorrows', which according to Christian tradition led from the courthouse of Pontius Pilate to Calvary, or Golgotha, where he was crucified and buried; join Jewish pilgrims at the Western Wall; or gaze upon the sparkling Dome of the Rock, a UNESCO (United Nations Educational, Scientific and Cultural Organization) World Heritage Site, from where the prophet Muhammad ascended into Heaven.

Sun worshippers can turn their attention to Israel's sparkling Mediterranean coastline and beach lifestyle, not to mention the pristine beaches on the Dead Sea, Sea of Galilee, and on



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An alluring destination for discerning travellers.

1. Tiberias, one of the four Jewish Holy cities, and the capital of Galilee. © Dover Tverya
2. The Western Wall, Wailing Wall or Kotel in the old city of Jerusalem, traditionally used for prayers. © Sergio Rodriguez
3. A labyrinth of souks selling everything from religious icons to the necessities of life to its residents.
4. Silver star marker of Jesus Christ's birth site at the Church of Nativity in Bethlehem according to Christian traditions. © De Molai
5. Jerusalem with its beautiful bell towers, striking minarets and the gleaming golden dome of the Al-Aqsa Mosque, standing sentinel over this historic city.
6. The Nahal David Falls in Ein Gedi Nature Reserve on the Dead Sea coast.

the Red Sea, in Eilat. The health-conscious will trek to the Dead Sea to soak in the mud baths and spas, while art enthusiasts may feel more at home in the cultural powerhouses of Tel Aviv.

In a country as sunny as Israel, there's no excuse for sequestering yourself indoors. Do as the Israelis do and enjoy a life in the great outdoors. Hikes through the Ein Gedi National Park, a lush oasis set between the harsh Judean Desert and the sterile Dead Sea, reveal ancient ruins, cool springs, and an abundance of desert flora and fauna. In winter, travel north to Mount Hermon, whose snow-capped 2,814 metres (9,232 feet) summit straddles the border between Lebanon and Syria, and you can visit the famous ski resort on the summit's southern (Israeli) side.

Those who prefer their adventure at sea level – or beneath it, can take to the Mediterranean for a sail along the coast, the saline-rich Dead Sea for a buoyant swim, or the crystal-clear waters of the Red Sea to explore the numerous coral reefs and spectacular dive sites that surround the happy, vibrant vacation city of Eilat.

Israel's diversity is beautifully expressed at the table, too, and the dishes you eat will often represent a specific culture. Sephardic Jewish

tradition, for example, takes the region's finest produce and prepares it with a distinctly Middle Eastern flair. You will be sampling this cuisine when you dip pita bread in creamy hummus, drizzle tahini over falafel, or chop vegetables into Israeli salad. Meanwhile, gefilte fish, baked goods, and Eastern European flavours characterise Ashkenazi Jewish food. And great tastes do not discriminate: You're just as likely to enjoy the best meal of your journey in an open-air market as a high-end restaurant.

Although Israel only officially became a state in 1948, the young country has confronted more than its share of struggles, not least of which is integrating millions of immigrants from dozens of nations. Like the United States, Israel is often described as a melting pot. Its culture and identity have deep Jewish roots, but immigrants from Europe, North Africa, Russia and Ethiopia contribute to an unexpected and inspiring national character. The evidence is in the cuisine, the chatter of different languages in public squares, and the large number of festivals and holidays celebrated throughout the year – both religious and secular.

Israel is probably best known as the 'Gateway to the Holy Land', and with year-round

humidity, hot summers, a pleasant spring and autumn, and a mild winter, this vibrant country is becoming an increasingly popular tourist destination.

The accommodation options in Israel are as diverse as its rich cultural heritage, with an amazing array of prestigious 5-star hotels such as The Setai in Tel Aviv, offering sophistication and tranquillity at the crossroads of modern and ancient Tel Aviv-Jaffa, famed for its rooftop infinity pool overlooking the skyline, or the iconic King David Jerusalem Hotel, with its fusion of contemporary luxury and rich history. There are smaller boutique hotels including Tel Aviv's exclusive Hotel Montefiore, which occupies a heritage-listed 1920s villa in a tree-lined avenue off Allenby Street, or the intimate Orchid Eilat Hotel, on the shores of the Red Sea, celebrated as one of Israel's most beautiful hotels.

There is so much to see and do in this culturally diverse country, such as taking in the artwork at the Tel Aviv Museum of Art, catching a performance by the Israel Philharmonic Orchestra at the Tel Aviv Culture Palace (or Charles Bronfman Auditorium), visiting the Bialik House and Museum, Independence



7. Interior of the Church of the Holy Sepulchre in the Old City of Jerusalem.
8. Given their proximity to the Holy Land, there are so many excursions and day trips available such as Masada in the Judean Desert, seen here from the air. © Dana Friedlander
9. The Old City of Acre, a World Heritage Site is an example of an Ottoman walled town. © Oren Rozen

Hall, Beit Hatfutsot: Museum of the Jewish People, or wandering through the labyrinth of ancient souks of Jerusalem's Old City, which is surrounded by a wall and divided into four quarters – Jewish, Armenian, Christian, and Muslim. Within these walls you will find the important holy sites of the three major religions: the Western Wall, which is sacred to the Jews, the Church of the Holy Sepulchre, and the Dome of the Rock on Temple Mount.

An hour's drive up the coast from Tel Aviv is the fortified city of Acre, known to the locals as Akko, where you can wander through the streets and alleyways of this ancient port city and the main gate to the Holy Land. After the Holy Land had been ruled for 500 years by the Arabs, Europe sent in Crusader armies to 'liberate' the city. The Crusader forces of Richard the Lionheart and King Philip of Spain took Acre in the 12th century. When the Muslim armies of al-Muzaffar Taqai ad-Din retook the town in the 13th century they didn't tear down the Crusader city, but simply built over it. As you wander the subterranean Templar tunnels of the Old City, The Hospitaller Fortress and the Knight's Halls,

you can almost hear the clashing swords of faiths at war.

Given their proximity to the Holy Land, there are so many excursions and day trips available to the discerning traveller from Tel Aviv and Jerusalem, including the biblical city of Nazareth, Bethlehem, Tiberias, the Sea of Galilee, Masada and the Dead Sea, Caesarea, Acre, Haifa, and even Petra and the Wadi Rum in Jordan.

If you can read beyond the headlines and see past the politics, you will find a beautiful and beguiling nation quite unlike anywhere else on Earth. Israel has an air of perpetual renewal: flowers bloom, new hotels and restaurants open and there's always a party somewhere. This vibrant country is quite simply the Mediterranean vacation you didn't know you needed. 🇮🇱



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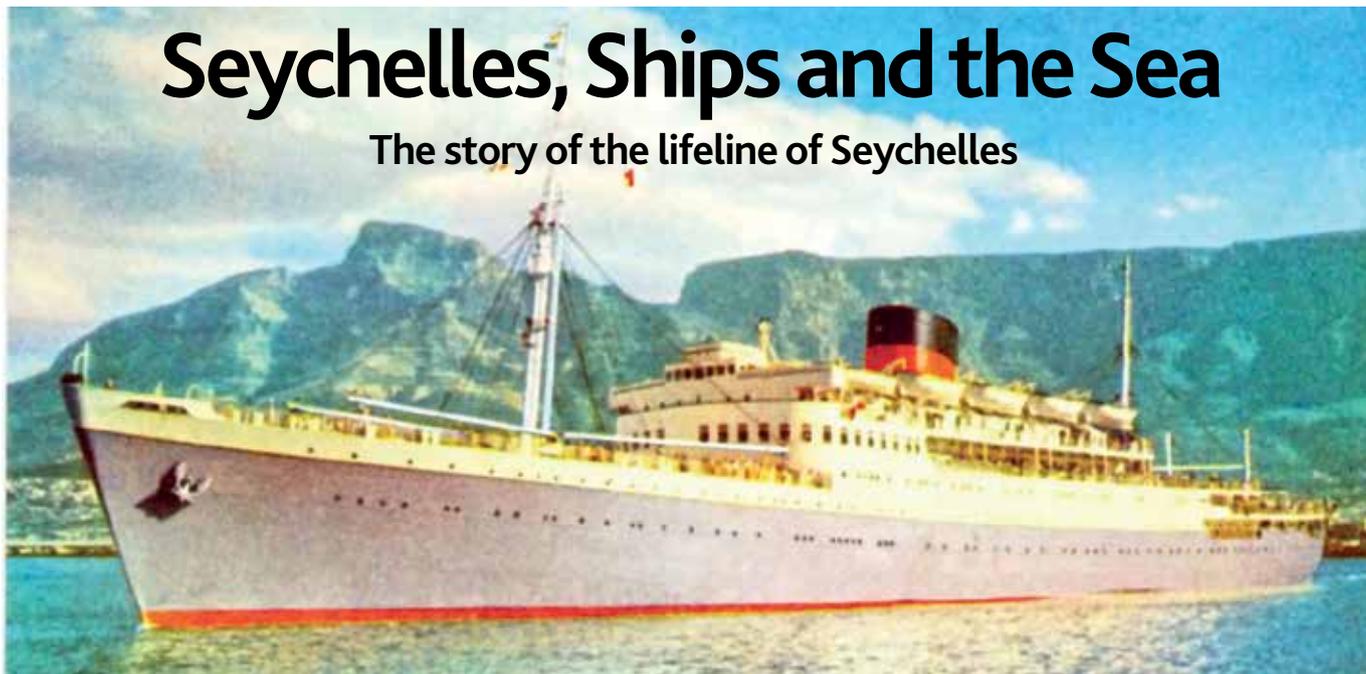


Absa Group, serving Seychelles as Barclays.



Seychelles, Ships and the Sea

The story of the lifeline of Seychelles



There is a symbiotic relationship between ships, the islands and the people of Seychelles. Islands are vital to ships as stepping stones across a vast ocean, ships have provided Seychelles with the means for cultural diffusion and for interaction between the people of Europe, Africa and Asia and maintain the supply of goods and provisions on a major highway of maritime trade. The sound and sight of the sea is ever-present to those who live in Seychelles, and the sea is in the blood of Seychellois; as one British Governor put it, "All the natives of Seychelles are born sailors, and have been known as skilled and daring seamen from the times of the Napoleonic wars..." (Governor Davidson, 1903 Annual Report).

The reason for the Indian Ocean's modern name is self-evident; it relates to the importance in the region of the sub-continent, which lies at a pivotal point between east and west on its northern boundary and is now an emerging super-power. However, this was not the case in ancient times, before any of those nations surrounding the ocean had particular pre-eminence. To the Greeks and Romans, the ocean which lay between the North African coast and the Arabian Peninsula was the Erythraean Sea; *Erythra* means red, or to dye red, and thus the Indian Ocean was – to them – the "Red Sea", perhaps so named because of periodic algal blooms which stained the coastal waters. However, in the 3rd century, Flavius Philostratus claimed that it took its name, not from the colour of the water, but to honour a Phoenician king, Erythras, under whose influence the ocean once fell. Erythras – "King Red" – may have had his origins in the Dead Sea, but earliest references place him in the Persian Gulf; he is supposed to have established a trading network which extended throughout this region, to the Red Sea and beyond to the coast of North Africa. It was only over time that the name 'Red Sea' came to be identified exclusively with the modern Red Sea. On Ptolemy's innovative map of 150 CE, the waters around India are called, naturally enough, the Indian Sea.

By medieval times, between the fifth and fifteenth centuries, the Arabs who dominated trade around the Indian Ocean had begun to call the ocean the Sea of Zanj, meaning the Sea of Blacks. This name referred to the Bantu-speaking Zanj people who inhabited the southeastern coast of Africa and regularly traded with Arab merchants.

It may be the smallest of the three oceans, being only a third of the size of the Pacific, but the Indian Ocean is perhaps the most kindly disposed to vessels using sail, and it seems very likely that, courtesy of the monsoon winds so familiar to us all in Seychelles, deep sea sailing originated in the Indian Ocean. When the Europeans first ventured into these waters in the 15th century, their primary purpose was trade with India; the ocean became, to them, the means of reaching India, and thus the water they had to cross to get there became the "Indian" Ocean.

The climate of the Indian Ocean is dominated by two seasons or monsoons. When pressure builds over Asia between November and January, it causes dry winds to blow down from Arabia and western India towards East Africa, and from China down to southeastern Asia. This monsoon brings with it winds which assist voyages from north to south throughout the entire region. The process is reversed between April and August, when high pressure in the south pushes strong winds northwards, this time generating south-north currents.

The dry southeast monsoon season, with its regular winds, is expected in Seychelles about the end of May, it becomes established throughout the Indian Ocean region by June, and is at its height in July, when the winds blow at their strongest. After this point the winds steadily lose strength until September, when the southeast climate system begins to break up; by about October it is gone, making way for the advent of the wetter, moodier northwest season with its occasional storms but generally lighter winds.



SEYCHELLES, SHIPS AND THE SEA

THE STORY OF THE LIFELINE OF SEYCHELLES



Commemorating the 50th Anniversary of Mahe Shipping Company Ltd 1969 - 2019.

These reasonably dependable winds and currents enabled voyages to be made around the Indian Ocean with regularity, and with some security of outcome, whilst the diversity of the lands and cultures surrounding the ocean provided the incentive to make those voyages in the form of a wide range of tradable goods, some essential and some hugely profitable. With increased knowledge of geography and meteorology, of astronomy and navigation, the risks were reduced until they were outweighed by the lure of the profits to be made from them.

It may seem that for shipping lines, calls at Seychelles are of negligible importance, perhaps not even worthwhile; after all, even today Seychelles still has the population of a small town that could fit into many a football stadium elsewhere in the world, the landmass is tiny, and most of the islands are too small to have any permanent human population. But Seychelles has always had a significance way beyond its size and number of inhabitants. Seychelles punches above its weight for three reasons. First, isolation and a unique geology has conferred a distinctive environment and a magical quality to the islands that inspires the human soul. Second, whilst the landmass may be small, the islands are scattered over a huge Exclusive Economic Zone, and this marine area is a chief asset of the twin pillars of the Seychelles economy: tourism and fishing. Thirdly, the nation lies at a strategic crossroads in the Indian Ocean, making it important and useful to ships. The human story of Seychelles is, in essence, the story of ships and the sea.

Seychelles is fortunate, in that Port Victoria is one of the finest natural harbours of the region. This was commented upon as early as 1609, when the first recorded landing was made. On that occasion, John Jourdain of the English East Indiaman Ascension remarked that the ship, "... anchored in 15 fathoms, half a mile from land...it is a very good roade betwixt twee ilands... wee weare in a manner land locked... wee stayed in a very good road to refresh ourselves untill the first of February...as in a pond..."

The importance of the shelter provided to Port Victoria by the islands of the St Anne Marine National Park, the deep-water approach to the shore and proximity to the capital of Seychelles remain undiminished over time. However, inevitably, the demands placed upon port facilities have increased and evolved over time, requiring improvements, upgrades and modernisation to meet the needs of the Seychelles economy and population.

Port Victoria comprises four centres of operation: the commercial port (Mahé Quay), the industrial fishing port, the net repair quay on Ile du Port and, most recently, the fishing quay on Ile du Port. Since June 2005, 24-hour operation has been in place.

The commercial port was initially built to handle light (mainly break bulk) commercial activities, however, with the continuing expansion of the fishing industry and space constraints at the fishing port, it is currently being used for both commercial and fishing activities (tuna transshipment, loading/unloading of salts and other supplies). Although priority is given to commercial activities, 80% of the commercial port activities are related to fisheries.

"Seychelles, Ships and the Sea" is available from mid-November, coinciding with the 50th anniversary of Mahe Shipping. To obtain your copy, use the contact form on the company website <maheship.com> or visit Antigone bookshops at Victoria and the International Airport.

The jellyfish tree

A natural curiosity

WORDS: PETER HOLTHUSEN



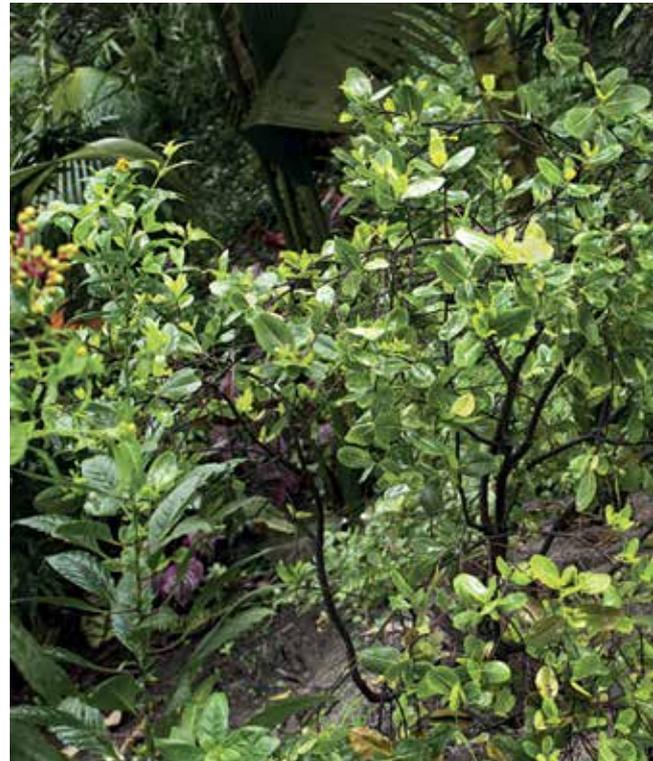
Many of the pristine islands in the Seychelles archipelago give the impression of seemingly floating on the turquoise lagoons that surround them, or of being extremely fertile natural gardens. From these islands springs a host of extraordinary plants with unique and unexpected features.

Located just a few degrees south of the Equator, Seychelles offers a tropical paradise that is home to an abundance of rare and beautiful plants not to be found anywhere else on Earth. While wondrous flora exists all over the world, few can compare with the mysterious and exotic plants of Seychelles.

The tortured topography of the Seychelles is highly varied and the granite 'chaos' offers a multitude of habitats in which they grow, ranging from fissures in the rock where plants manage to thrive in a handful of soil, to fertile valleys, from mountain summits to sandy coastlines.

Of the thousands of plant species to be found in this remote archipelago of 150 islands, about 250 of them are native to the granitic islands, with about 75 of those to be purely endemic to the region. But perhaps no place personifies the islands better than the Vallée de Mai. With its lush, tangled forest and abundance of rare palms, the place can easily be mistaken for paradise. It has happened before.

In 1881, General Charles Gordon was dispatched from England to Seychelles. Upon exploring Praslin, the second-largest of the island group, he first opined that the Vallée de Mai was the true location of the Garden of Eden.





1. The Jellyfish tree presents a conundrum in that seeds seem unable to germinate in the wild.
2. Once thought to have been extinct until a few individuals were discovered in the 1970's, the Jellyfish tree survives only on the island of Mahé.
3. The leaves of the tree are shiny and leathery in appearance with a slightly scalloped edge.

Arguably the most famous plant endemic to Seychelles is the 'coco-de-mer'. The male and female plants exhibit remarkable features that curiously resemble certain very recognisable parts of the human anatomy. The variety of this unique palm bears the largest nut in the world, called the coco-de-mer. The protected coco-de-mer has become a cultural icon, and is so closely associated with Seychelles that its image is used on the nation's passport stamp as proof of your visit to the islands.

However, there is one rare and endangered plant that very few visitors get to see, yet it is one of the rarest plant species in the world. Once thought to have been extinct until a few individuals were discovered in the 1970's, the Jellyfish tree (*Medusagyne oppositifolia*) survives only on the island of Mahé, and represents the only living representative of the unique *Medusagynaceae* genus of the *Ochnaceae* family of tropical trees and shrubs which is endemic to Seychelles.

Named for the unique 'Jellyfish'-like shape of its flowers, they are relatively small trees which can reach up to 10 metres tall and have a dense rounded crown of foliage. The bark is dark and has many distinct, deep fissures. The leaves are shiny and leathery in appearance with a slightly scalloped edge, not too dissimilar to the star-shaped pericarp of *Illicium verum*, more commonly called the Star anise. The leaves are up to 8 centimetres in length and turn bright red with age.

The small white flowers are difficult to see amongst the dense foliage; male and female bisexual flowers are carried on the drooping inflorescence. The generic name *Medusagyne* was given to the plant by John Gilbert Baker (1834-1920), the eminent English botanist whose published works included *Flora of Mauritius and the Seychelles* (1877) and



Handbook of the Irideae (1892). The name was applied as he thought that the gynoeceum of the flower resembled the head of *Medusa* from Greek mythology.

Baker did not have the dehiscent fruit, which resembles a larval hydrozoan or jellyfish, so he did not base the generic name on this resemblance; the vernacular name, Jellyfish tree, was applied later possibly based on the appearance of the dehiscent fruit and the coincidence that the word medusa is also used to describe the free-floating umbrella-shaped form of jellyfish.

This plant exhibits many adaptations to dry climate, which is rather strange on a moist archipelago such as Seychelles. It can withstand drought, and its seeds disperse by the wind. This suggests it has Gondwanan origins. The fruits are green and rounded; the outer coat becomes reddish-brown with maturity and then dries, exposing the seeds within, which are then distributed by the wind.

Throughout its range the species inhabits exposed granite outcrops between 150 and 500 metres above sea level, and at present all locations are within a radius of two kilometres from the sea. The main threats to this species are intrinsic factors such as poor regeneration, very restricted geographic range, limited dispersal and high seedling mortality.

The Jellyfish tree presents a conundrum in that seeds seem unable to germinate in the wild; no young plants have been observed in the natural stands. Successful cultivation in botanic gardens has occurred in very humid conditions, but high humidity is unlikely in the exposed habitat where these trees are found in the wild. It has been suggested that Jellyfish trees have been lost from the more appropriate habitat of moist forests through competition with other species and climate change.

Only a few natural stands of these trees remain. Three of the existing populations of Jellyfish tree on the island of Mahé are protected within the Morne Seychellois

4. The three surviving Jellyfish trees on the island of Mahé are found within the Morne Seychellois National Park.



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National Park. The extent of occurrence is restricted to an area of only 25 square kilometres, and the area of occupancy is thought to be less than 10 square kilometres. The population is thought to be declining and only 86 mature individuals seem to exist. Approximately 90% of the total population are found in one sub-population at Bernica, which is also the only sub-population known to be reproducing. The three other sites at Mont Sebert, Mont Copolia and Mont Jasmin consist only of scattered individuals, which do not regenerate. It is thus listed as Critically Endangered.

Many dead trees can be observed at these sites and a past decline is therefore suspected. A future decline of range and individuals must be expected due to lack of regeneration in the three sub-populations. It is possible that the largest sub-population is big enough to be viable, but overall the general population can be regarded as severely fragmented.

Although seedlings have been grown in a number of botanic gardens, including the world-renowned Royal Botanic Gardens, Kew in London, the Eden Project in Cornwall and at the Arboretum of The Seychelles Island Foundation's National Biodiversity Centre at Barbarons, many problems remain and a conservation priority for further research into the reproductive biology of this intriguing species must be done before any effective 'action plan' for its future can be devised.

Exotic mysteries such as the Jellyfish tree abound in the Islands and this is just one of the many captivating plants to be found in Seychelles. Should you decide to whimsy away your time here, you'll be well rewarded for charting a course to her shores. Many more extraordinary plants of wonder await your discovery. 🌿

Whistle-stop Windhoek

While most travellers do little more than pass through on their way to the bush or the beach, Namibia's capital city of Windhoek is well worth a stop ...

WORDS: RICHARD HOLMES



The Independence Memorial Museum

Amongst the major cities of southern Africa, Windhoek tends to keep a low profile. Not for Windhoek – ‘windy corner’ in the Afrikaans language – the glamour of Cape Town or cosmopolitan buzz of Johannesburg. In contrast, the capital of Namibia can feel like a sleepy country town, and that’s no small part of its charm.

Many travellers bypass the capital thanks to the location of the international airport. Most flights land at Hosea Kutako International Airport, the main gateway to the country, situated 40 kilometres east of the city. That means travellers on a self-drive adventure usually head straight for their destination, while others will transfer directly to private air charter services heading north to the lodges of Etosha, Kaokoland or the Skeleton Coast.

They are all worthy destinations, but the country’s capital is also well worth a day of exploring, particularly if you’re stepping off a series of long-haul flights. So, grab a taxi into town, sleep off the jetlag and soak up Windhoek’s understated charms. It’s a compact city too, with most of the main sights within easy walking distance.

A quiet respite

Start your wandering at the iconic Christuskirche, the attractive Lutheran-style church that opened to worshippers in 1910. Built of sandstone, it’s embellished with Italian marble and includes a clock and bells imported from Germany.

Situated on a traffic island in Robert Mugabe Avenue, the Christuskirche is located directly opposite the Tintenplast – ‘Ink Palace’ in German – which is home to Namibia’s national parliament. The building dates back to the early-1900s, and is surrounded by the leafy parliament gardens that are popular with local office workers come lunchtime.

History lessons

Chances are you won’t be too familiar with Namibian history, from the indigenous tribes of the north to the dark days of German colonisation and South African administration and apartheid.

Remedy this in the Alta Feste, situated next door to the Tintenplast. The ‘Old Fort’ is home to the National Museum of Namibia, and while fairly sparse indoors it illuminates Namibia’s chequered history. The architecture of the fort is also worth admiring.

But if you’re a history buff you’ll want to stop by the Independence Memorial Museum in the heart of the city. The Museum opened in 2014, and locals quickly started referring to this decidedly modern addition to the cityscape as ‘the coffee machine’. Jokes aside, the Museum’s paintings and informative displays offer a worthwhile exhibition covering the colonial years, liberation struggle and eventual independence in 1990. Entrance is free, and the top-floor café has excellent views of the city.

While Namibia’s railway services are few and far between these days, the TransNamib Train Station on Bahnhof Street, in the heart of the city, is still worth a visit for the



The Christ Church (Christuskirche), Evangelical Lutheran-style Church



The Railway Museum

interesting Railway Museum. Expect an array of historic maps, railway equipment and paraphernalia that'll keep train-spotters entertained.

Retail therapy

Whether you've just arrived, or are on your way home, Windhoek is a fine place to stock up on souvenirs and gifts. Make the Namibia Craft Centre in the Old Breweries Complex your first stop for its wide range of local handicrafts, from hand-woven baskets to *makalani* kernels, ostrich-eggshell jewellery to Himba bracelets. There's also a wonderful selection of Namibian art, literature and music.

Less organised, but more colourful, is the Post Street Mall where you'll find a mix of formal shops and informal street traders. Sharpen your bargaining skills!

Stretch your legs

The National Botanic Garden of Namibia is a little-visited corner of the city, but is well worth a visit for its 12 hectares of indigenous flora. Don't arrive expecting manicured lawns and formal gardens though: this is more of a natural reserve dedicated to the country's remarkable vegetation, from desert-adapted succulents to the enigmatic quiver tree. There are self-guided trails to discover, with useful information boards along the way. It's open Monday to Friday, and entrance is free.

Discover Katutura

This large informal township just north of the city centre is a vibrant community well worth discovering, although it's best to join a guided tour than explore on your own. Katu Tours offers bicycle tours through the district that'll take you to the bustling Katutura Community Art Centre, local restaurants and shops, all while unpacking the politics and segregation behind the establishment of this corner of the capital.



Joe's Beerhouse



Windhoek Golf and Country Club

Have a swing

Perhaps surprisingly, Namibia has a handful of good golf courses to discover, and the best of them are to be found in and around Windhoek. If you're in the city on business, or you fancy walking away the jetlag, your best bet is the Windhoek Golf and Country Club.

This par-72 18-hole layout on the southern edge of the city is part of a larger leisure resort that offers plenty of diversions to keep kids and spouses entertained while you're out on the course.

More serious golfers will want to look further afield though. Thirty kilometres from Windhoek you'll find Omeya residential golf estate. Here the respected course architect Peter Matkovich has laid out a challenging course that stretches to 6,920 metres, offering an entertaining track for all levels of player.

A stop at Joe's

No visit to Windhoek, or Namibia for that matter would be complete without a stop at Joe's Beerhouse. This quirky laid-back eatery has become an institution in Windhoek, and today seats hundreds of diners each evening.

While the Windhoek lager is plentiful, and always cold, the real highlight here is the quirky décor – pull up a tractor chair at the bar – and the eclectic food menu.

Whether you're in the mood for a gargantuan rump steak, traditional German eisbein, oryx schnitzel with homemade spätzle or plump Namibian oysters, you've come to the right place. If you're confused about the difference between Cactusblitz, pap and biltong on the menu, never fear: turn to the back for a handy glossary!

See the sunset

Aside from offering some of the most stylish accommodation in the city, the Hilton Windhoek – the first five-star business hotel in the city – is also the best place to toast the end of another sunny day in Africa.

On the rooftop level the poolside Skybar offers stellar views out over the city, and is easily the finest sundowner spot Windhoek has to offer. While the wine list is one of the best in town, and there's a fine cocktail selection, make sure you peruse the impressive gin menu.

It includes an array of imported European gins and craft gins from South Africa, but the standouts are the local creations. Try NamGin infused with local botanicals, or the Stillhouse Gin crafted with Nara melon, wild seaweed and flora endemic to the country's expansive coastal desert. 🍷



Namibian oysters



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Take a bite of Jozi

Wondering where to enjoy a true taste of Africa?

Here's our handy guide for eating your way across Johannesburg ...

WORDS: RICHARD HOLMES

There was a time when, if you asked a foodie where to find the best restaurants in South Africa, they would likely point you south to the 'Mother City' of Cape Town and the surrounding winelands.

For years that was certainly true, but Johannesburg's culinary scene has enjoyed a burst of energy over the past few years, with a clutch of new restaurants and hot young chefs showing that Gauteng certainly has plenty to keep hungry gourmands entertained.

The trouble nowadays isn't too little choice, but too much. With a cornucopia of options it's hard to know where to begin your foodie discovery of Johannesburg, South Africa's economic capital. But, fear not, with our handy guide you'll be out of the airport and opening your napkin in no time. Here's our guide to the best tables to be had in the city of gold.

Il Contadino



Épicure Restaurant

Best for ... African fine dining

Acclaimed chef, Coco Reinharz, reimagines the potential of traditional African cuisine at his restaurant *Épicure*, in Morningside. Reinharz is no stranger to Gauteng's food scene, with his previous stints at the likes of *Le Sel* and *Ma Passion* proving firm favourites with local diners.

Épicure's focus is on dishing up pan-African cuisine in a fine-dining context: expect the likes of fragrant duck tagine, or an Egyptian-style rib-eye spiced with *dukkha* given a glamorous twist. It's a menu that truly traverses the continent, whether it's goat in pepe-spiced broth from West Africa, or a tuna loin with okra that wouldn't look out of place in Senegal. Ethiopia is given its due in chicken or cabbage stew with injera pancakes, while Congolese guinea fowl with palm nut sauce and cassava leaves is sure to be a new flavour for most diners.

There's an excellent wine selection from the cellar to accompany the innovative cooking, but make sure you arrive early for an aperitif at the rum-focused cocktail bar.

Best for ... new African cuisine

There's certainly a welcome, and growing, trend in Johannesburg of young black chefs making a name for themselves at the helm of their own restaurants, interpreting the foods of their own upbringing, culture and travels into a restaurant setting.

Situated in the inner city, *Kobo Cuisine* takes a bit of effort to get to, but is well worth the drive to the trendy Maboneng Precinct. Here chef Siyabulela Kobo takes his classical restaurant training and applies it to the tastes and flavours of the rural Eastern Cape where he spent his childhood.



Chef Siyabulela Kobo



NCW Restaurant

The result is a thoroughly modern interpretation of African cuisine, from the reinvented plate of maize meal and amasi fermented milk, a staple of many rural communities, to inspired spheres of maize-crusted pumpkin. The plating is superb, the technique adventurous, and the flavours confounding.

If Maboneng feels too adventurous, try NCW in Melville. In this colourful neighbourhood famous for its nightlife, chef-patron Ence Williams creates a monthly five-course tasting menu inspired by the visual artworks on the walls. It's also inspired by his upbringing, from potato risotto to vanilla *panna cotta* with granadilla purée.

Best for ... farm-to-fork dining

Il Contadino – ‘the farmer’ in Italian – dishes up hearty country fare inspired by chef James Diack’s travels through the Mediterranean. The approach is purposefully rustic, with generous portions and bold flavours. The starter soufflé of pecorino and goat’s cheese is a must-order, as is the confit duck on truffle-infused parsnip mash.

While the inspiration may come from far-off lands, the ingredients are anything but: much of the fresh produce sourced from Diack’s family farm in the Magaliesberg. An abundance of farm-fresh produce means there’s plenty on the menu for vegetarians too: try the wood-fired pumpkin with oyster mushrooms.

If you can’t get a table at Il Contadino, his other Parkhurst eateries are equally worth a visit. The National dishes up gourmet bistro and gastro-pub fare, while Coobs offers a delicious menu of upscale comfort food.



Chef James Diack



Saxon Hotel



Chef Candice Philip

Best for ... celebratory haute cuisine

With a roll call of celebrities on the list of past guests, it's little surprise the five-star Saxon Hotel in Sandhurst offers some of the most impressive fine dining in the city.

Chef Candice Philip heads the kitchen at Grei, which delivers refined fine dining that showcases Philip's love for unusual flavour pairings and knack for artful plating. Freshly picked herbs and organic heirloom produce from the restaurant gardens play a decisive role in the six-course menu, offered with international and local wine pairings. It's not a cheap outing, so keep this one for special occasions or the company's expense account.



Best for ... a meal with music

In the Maboneng precinct The Marabi Club takes its culinary inspiration from the freewheeling nightlife of Johannesburg in the 1920s and 1930s, pairing a menu of small plate dishes with nightly jazz performances.

Tucked into the basement of Hallmark House, itself designed by award-winning British-Ghanaian architect David Adjaye, The Marabi Club menu is focused on tapas-style plates to share.

It's a wide-ranging offering from chef Katlego Sebastian Mlambo. Mentored by some of the country's best chefs, Mlambo balances the richness of his French culinary training with the clean, crisp flavours of Asian cuisine. Think plump mussels cooked in local lager, ginger and dill oil, or deep fried quail with kimchi slaw, Japanese mayo and salsa verde.

Best for ... business dinners

Marble has caused quite a buzz since it opened in the central suburb of Rosebank in 2016, and with good reason. With its imported grills and roaring fires behind the pass, to the sleek décor imbuing a sense of chic New York style, Marble makes a great first impression.

Happily that promise is easily surpassed on chef David Higgs' inspired menu. Whether it's the carefully selected cuts of meat or the inspired vegetarian plates, nearly every ingredient takes a turn through the flames here, marrying live fire theatrics with unbeatable flavour combinations. Award-winning sommelier Wikus Human holds the keys to one of the best cellars in the city, allowing you to pair both international and local estates with your meal.

Best for ... a hunger-busting burger

While there's no shortage of creative fine dining on offer in the city, sometimes you just want to go back to basics. Luckily the city streets are alive with simple joints grilling up sublime burgers best enjoyed with a cold pint of a local craft beer.

In Rosebank it's BGR that locals swear by for a quick bite, thanks to its super-simple menu and good value. It can get extremely busy, but that's often the hallmark of a place that won't let you down.

For something with plenty of atmosphere but more of a laid-back atmosphere, head for Craft in Parkhurst. With a hint of steampunk style in the décor, the leather-bound menu here offers wood-fired pizza and generous burgers.

The simple Craft burger of 200 grammes of hand-pressed beef patty certainly won't disappoint, but the menu offers a host of inventive options for the hungry, from black bean and kimchi vegan options to the Sriracha-laden tuna burger topped with apple slaw. 🍷

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Bengaluru

Beauty in chaos

WORDS: SUGATO TRIPATHY

Bengaluru (formerly known as Bangalore) has all the big city vibes one can expect from the most progressive cosmopolitan city in India. The last decade or so has seen an unchecked surge of development leading to frequent traffic snarl-ups. However, the salubrious climate, burgeoning culinary scene, vibrant nightlife, atmospheric parks, exotic palaces and a delightful array of retail therapy, makes up for everything.



1. Lalbagh and Cubbon Park

A breath of fresh air is never far away with two expansive spreads of dense vegetation juxtaposed amidst the hustle and bustle of the city. One of them is Lalbagh. Established as a royal garden way back in 1760 by Hyder Ali, the Sultan of Mysore, it is now spread across 240 acres of blissful greenery. With well-laid paths (some cobbled), it is a Mecca for the city dwellers for fresh air, wide spaces and a plethora of exotic plants and flowers. One of the largest Botanical Gardens in India, it is also home to a pristine 30-acre lake. Managed by the Directorate of Horticulture, Government of Karnataka, Lalbagh prides itself in its articulate layout, its upkeep and maintenance, the immense variety of flora and is a critical centre for study and conservation. It has close to 1,900 species of plants. Regarded as the lung of the city, Lalbagh is home to a spectacular Glass House which was built in 1889 and designed on the lines of the Crystal Palace in England. Constructed to commemorate the visit of the Prince of Wales, it used to be the home of exotic flower specimens. A biannual flower show is held in the Glass House every year on Republic Day (26th January) and Independence Day (15th August).

Unlike Lalbagh, the 250-acre Cubbon Park (renamed Sri Chamarajendra Park in 1927) is not a contiguous one. It has neo-classical styled Government buildings – Vidhan Soudha (State Assembly), Public Library, Government Museum and the High Court within it. Pathways and motorways coexist at various junctions. A plethora of indigenous and exotic botanical specimens are found here.

Both Lalbagh and Cubbon Park are extremely popular with morning/evening walkers and joggers. Not for nothing, Bengaluru is referred to as the Garden City.

2. Bengaluru Palace

If grandeur, magnificence and opulence can be portrayed in bricks and mortar, then the Bengaluru Palace will be the perfect epitome. The architectural style is a mix of Tudor and Gothic and the builder, King Chamaraj Wadiyar was inspired by castles of Normandy, Britain and Rome. Fortified towers, roman arches and turreted parapets are the defining features of the palace. The walls covered with vines add to the allure of the palace. The interiors are ornate with exotic wall paintings, historic photographs and exquisite dazzling chandeliers. John Cameron, who was credited with the landscaping of Lalbagh, was entrusted the same job for the palace. The expansive gardens surrounding the palace are a testimony to that.

3. Bannerghata National Park

Nowhere in India will you get to see wild animals in such close vicinity. The safaris might not be expansive but they make sure that you get up close and personal with tigers and lions. Located 22 kilometres from the city, the National Park is spread across an area of 105 square kilometres. Established in 1971; it prides itself in housing a wide variety of flora and fauna. The park has a zoo (housing 94 species of mammals, reptiles and birds), a museum



and conservatories. Apart from the Lion and Tiger safari, there is also a Herbivore safari and an exclusive Bear safari. The Butterfly Conservatory is the first of its kind in India with 20 different species and spreads over an area of some 900 metres square. The Park also offers trekking options to the nearby hills located within the park where one can pay a visit to Hindu temples.

4. HAL Aerospace Museum

Considered to be India's first, the Hindustan Aeronautics Limited heritage centre and Aerospace Museum showcases the history of Indian Aviation. Comprising two major halls, one of them charts the growth of Aviation since 1940 until now and the other portrays the various models of Aero Engines. The outdoor display of MARUT, MIG-21, AJEET and many more aircraft allows visitors to check the fighter jets closely. The museum also houses a library with books on aviation, audiovisuals and true-motion simulators to give a real-life experience of flying an aircraft. The premises also have a beautiful Rose Garden, an Orchidarium and an Herbal Garden.

5. Nandi Hills

A two-hour drive from Bengaluru will take you to the fortified hill of Nandi. At a height of close to 1,500 metres, it is like a small hill station in the backyard of Bengaluru. Extensively fortified by the Chiefs of Chikaballapur and further strengthened by Muslim Emperors: the father-

son duo of Hyder Ali and Tipu Sultan took it from the Marathas in 1770 AD. Lord Cornwallis captured Nandi Hills in 1791 AD and later it was converted to a hill resort for the British. A perfect destination for a day trip, Nandi Hills enjoys a pleasant climate year-round and is a delight for photographers. Sunrise views from this place are spectacular. During monsoons, more often than not, one can see a blanket of cloud spread across the horizon from the various viewpoints.

6. Indian Music Experience

This is India's first interactive music museum with 108 musical instruments and nine internationally designed exhibit galleries. The exhibits spread across 4,600m² on three floors. The museum aims to increase the understanding of the diversity of Indian music. Through exhibits, performances and several learning activities it strives to enhance the music knowledge of visitors and help them appreciate the wide range of music in the country – from traditional to contemporary. The museum also has space for performance theatre, a terraced amphitheatre and a seminar hall.

7. St. Mary's Basilica

Built in the 17th century, this is one of the oldest Churches in India. Communal riots in 1832 led to the demolition of the Church before construction started again in 1875. It is the sixth Church in India and the first in Karnataka to



attain the status of minor basilica. The Gothic architecture with multiple columns and tall spires can be seen from a distance. The beautiful interiors are adorned with several arches, ornamental motifs and typical stained windows. St. Mary's feast is held every year here for 10 days in the month of September when thousands of devotees throng to this Church. Mass marriages are also held here.

8. ISKCON Temple

Inaugurated in 1997, this is one of the largest ISKCON Temples in the World. It's a magnificent cultural complex with an amalgamation of traditional architecture with modern aesthetics. Considered to be a masterpiece in comparison to its counterparts elsewhere in India, the colossal shrine sits on a hill (renamed Hare Krishna Hill). The main hall, which houses the beautiful idols of the Hindu Gods, Sri Radha-Krishna, has a built-up area of some 900m². Remarkable paintings adorn the ceiling made by Russian painters. The complex also houses a gold plated flag post, a gold plated *kalash shikara* (religious vase), a Vedic museum, a theatre for Vedic movies, an open-air amphitheatre for various concerts and festivals, beautifully landscaped gardens and a lecture hall.

9. UB City

UB City is India's first luxury mall, consisting of six blocks: UB Tower, Kingfisher Plaza, Concorde, Canberra, Comet and Kingfisher Towers. It is built on 13 acres (53,000m²) of land and hosts 93,000m² of high-end commercial, retail and service apartment space. It has the largest triple level parking system that can house close to 1,600 cars. Forty National and International luxury brands have exclusive stores here – Longines, L'Occitane, Louis Vuitton, Jimmy Choo, MontBlanc, Omega, Rolex, Swarovski, 3M, Ducati, Burberry and many more. This exclusive mall has several

cafes and dining options and also hosts concerts and events.

Often lampooned for being chaotic and crowded, the city is bespattered with parks, gardens, malls, museums, theme parks, cinemas, theatres and clubs. Navigating and exploring the city will make you appreciate its brazen energy. 🌈



Fact file

Best time to visit: October to February.

Where to stay: Bengaluru has plenty of accommodation options ranging from budget to luxury. Almost all chain hotels have properties here like Taj, Sheraton, Lalit, Ritz Carlton, JW Marriot, The Leela Palace, Ibis, Radisson.

Where to Eat: Bengaluru has an eclectic array of food options ranging from delectable South Indian delicacies to sumptuous International cuisines. Chinese dishes (especially Gobi Manchurian) are extremely popular here and are available everywhere – from street food to fine dining restaurants.

South Indian Restaurants – There are so many good restaurants here that serve delicious authentic South India cuisine that it is difficult to choose any one but MTR, Brahmin's Coffee Bar, CTR and Veena Stores have to be on the top of the list.

Punjab Bistro – Undoubtedly the most authentic North Indian affair in this South Indian city, the restaurant offers authentic flavours of traditional Punjabi dishes with a modern twist.

The Black Pearl – The pirate themed buffet restaurant serves an impressive range of vegetarian and non-vegetarian dishes. The all-you-can-eat buffet not only delights with its starters and mains, but the dessert spread is one of the best with Indian sweets, ice creams, betel leaf rolls, cream filled biscuits, puddings and much more.

Where to shop: MG Road, Brigade Road and Commercial Street are quintessential shopping destinations of the city apart from several sprawling malls like Forum, Mantri and Garuda.



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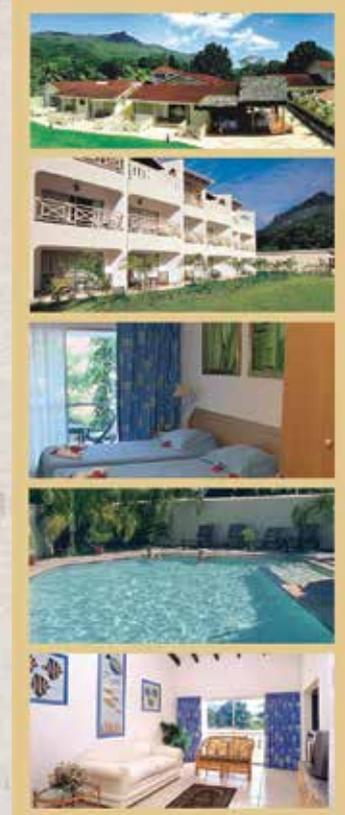
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Flower power

Wildflower Season, Western Australia

The wildflower season in Western Australia is one of the world's greatest natural spectacles. **Brian Johnston** outlines the best places in the state to see the display.



1



They sound like something from a nursery rhyme: honeypots and milkmaids, mountain bells and pixie mops. They look like something painted in the 1960s under the influence of hallucinogens, from the vivid magenta of paperbark blossoms to violent pink boronias, from firewood banksias spiked with red to little yellow starflowers with golden sparks scattered from their centres.

They also seem to bring out the poet in admirers. "Tiny pink petticoat flowers grow in ephemeral puddle so that their roots can trap insects," says enthusiast Jim Barrow from the Wildflower Society of Western Australia, dithering about which flower is his favourite. "In contrast, gaudy banksias wait to catch the eye of a passing bird or possum. And despite being protected by vicious spines, stand backs are beautiful in delicate cream."

Neither nursery rhyme nor acid trip, the annual wildflower blooming in Western Australia is quite real and one of the world's most stunning natural spectacles, transforming the state's arid environment into a multi-coloured tapestry covering 2.5 million square kilometres. While in places white everlastings can grow so thickly they resemble snow and appear to dominate, an estimated 12,000 different species erupt in blooms.

"There are few other places on Earth where flowers are so all pervasive, varied and sumptuous," says photographer Stanley Breeden, co-author of *Wildflower Country*, a visual hymn in stunning close-up to Western Australia's flora. "It isn't just their brilliant colour, but exciting forms, diverse textures, fabulous variety and accessibility."

The blooms appear first in the north of the state around July and spread slowly southwards, making the Pilbara in the north of the state a fine region for early flower spotting. Though not as thickly carpeted as the southwest, flowers such as desert roses, native hibiscus, dainty bluebells and purple mulla-mulla grow particularly well along roadsides and splash the landscape with pockets of colour. The lower Hamersley Ranges between Newman and Karijini National Park have some of the Pilbara's best displays, while in Karijini itself, flowers are a spectacular contrast to dramatic red gorges.

Further south, other national parks and drives are more accessible but just as rewarding. At Kalbarri National Park north of Geraldton, red rock landscapes make a pleasing backdrop to an impressive display of orange and gold banksias, kangaroo paws and blood-red eucalypts, usually in full bloom by August. From Geraldton, the highway



inland to Mullewa is lined by swathes of pompoms and everlastings, with Mullewa is noted for its striking circular clumps of yellow or pink wreath flowers and delicate spider orchids. But Stanley Breeden says he has a soft spot for coneflowers.

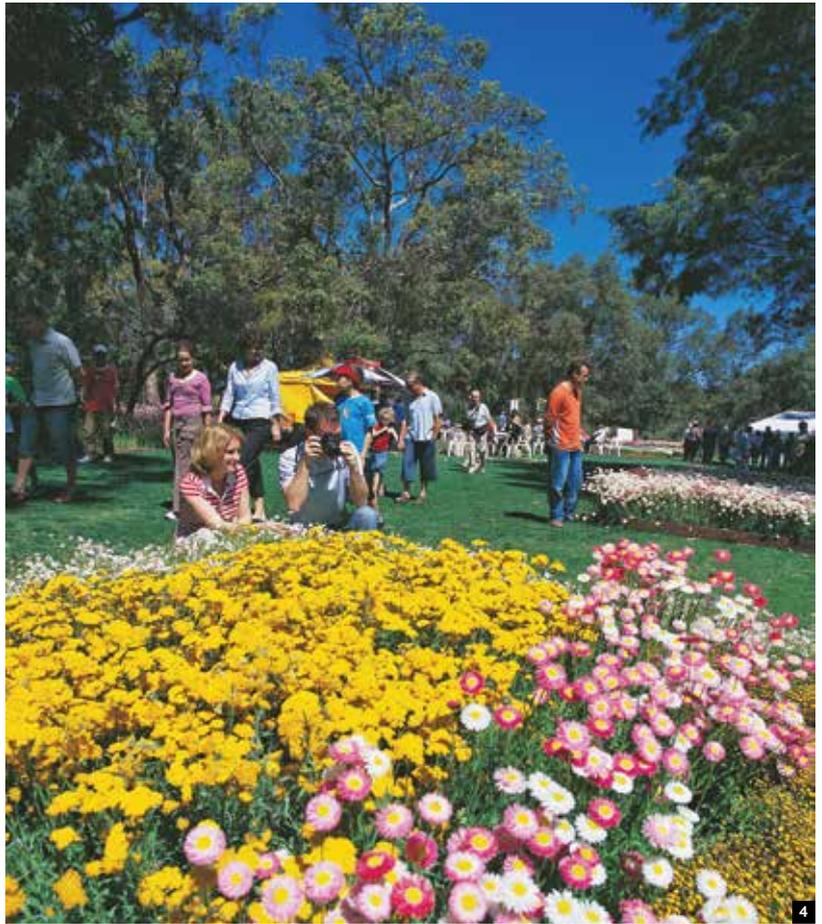
"In Mullewa, while photographing coneflowers, I thought over and over how they looked like exploding fireworks."

If you're keen on capturing the beauty of the flowers up close, the photographer suggests taking wildflower photos in the early morning and late afternoon, when there is less wind and better light. Always use a tripod to reduce camera shake, which has a significant effect on up-close shots.

Near Mullewa, Coalseam Conservation Park has marvellous everlastings in cream, gold and pink and a flamboyant collection of hakeas and grevilleas. The road south to Dalwallinu is designated the Wildflower Way for good reason, and the town has a September Festival and Street Parade to celebrate the golden beauty of its wattles. In fact, finding wildflowers in the Western Australian springtime is hardly difficult, and there are dozens of wildflower routes outlined by local tourism offices in every corner of the state.

"It's impossible to say which region is the best for wildflowers," says Jim Barrow. "Each has its own beauty. Even small reserves such as those at Corrigin, Kulin, Quairading or Harris Smith have an incredible diversity."

"My favourite would have to be Cheynes Beach in Waychinicup National Park east of Albany," says Stanley



Breeden. "It has such a wild landscape shaped by storms and wind, and incredible plants not found anywhere else. It really is astounding: some flowers you would dismiss from the roadside as rather uninteresting yet, up close, you see the most glorious details, if only you take time to look."

As you get to the far south of the state, the best displays may not appear until October. Just north of Albany, the Stirling Range is particularly special not only for some 1,500 species of wildflower but the fact that this includes dozens of varieties unknown elsewhere, as well as 40-odd types of orchid such as the magnificent Queen of Sheba, a star-shaped flower in bright purple with scarlet trimming. The jagged peaks of the range are a magnificent contrast, on a grand scale, to the miniature beauty of the wildflowers, which can be enjoyed on daily weekday guided walks during the season.

Back on the coast and beyond Waychinicup National Park, Fitzgerald River is another national park where coastal trails are nothing short of splendid. Most of the year, whale watching and bird life are the reasons to visit, but in spring wildflowers upstage everything else in nature with a blazing profusion of lilies, royal hakea, flamboyant orange

1. Walking through a field of yellow near The Pinnacles.
2. Visitors enjoying the Kings Park Wildflower Festival in Perth.
3. Along the Mullewa-Carnarvon road near Murchison Settlement.
4. The Kings Park Wildflower Festival in Perth.
5. Tourists photographing the wildflower display near Mullewa.
6. A couple walk through podolepis at Wooleen Station.
7. Wildflowers along the Great Northern Highway.
8. A white splendid everlasting flower.



5



6

“
 And if you spot a milkmaid or
 pixie as you go down to the woods,
 don't be surprised.”



7



8

banksias and pretty Quaalup bells whose drooping cream flowers are bracketed in bright red.

And, while swamp bottlebrushes mightn't sound like the most attractive of plants, they burst into flowers that resemble dainty ballet dancers in vivid pink tutus. The whole stretch of coastline between Albany and Esperance is one of the Western Australia's richest floral regions.

If you aren't up for the long drives or have limited time, there is plenty of flower power in the vicinity of state capital Perth – and even within the city itself. Rainfall, sunshine and geography affect the wildflower season's timing. The first flowers usually bloom in the state's north in July and may not fade in southern Western Australia until late November. Expect the most spectacular displays in and around Perth in August up to November.

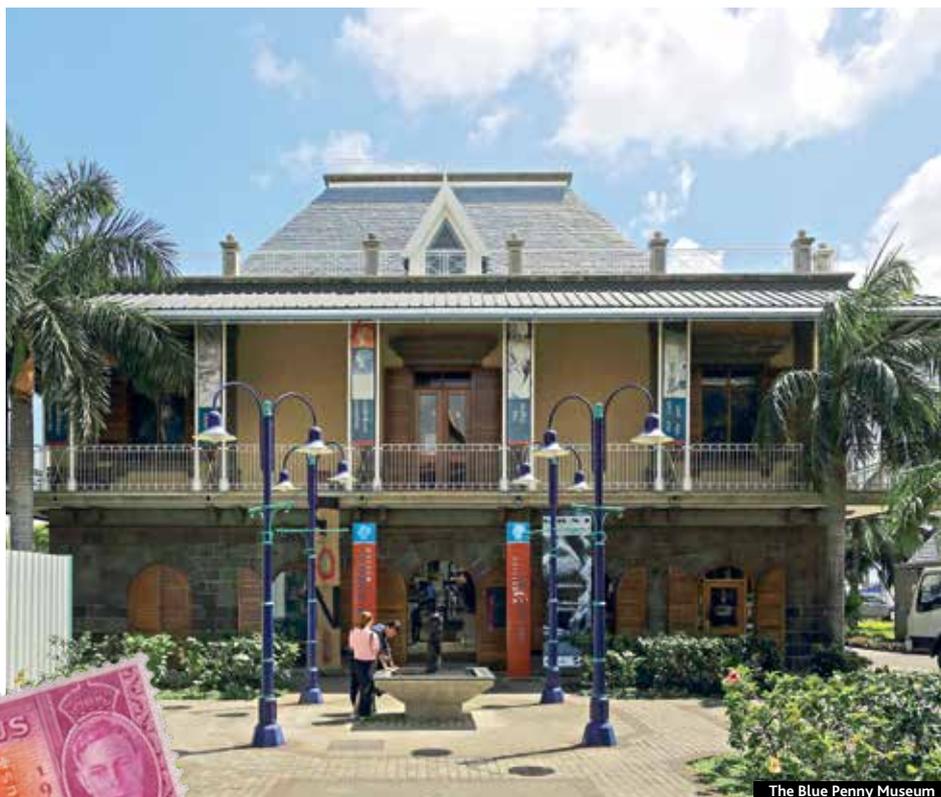
Kings Park has excellent displays of wildflowers and a wildflower festival in September that includes workshops, exhibitions, live jazz and other music, guided walks, and activities for children. The Darling Range on the eastern edge of the city, home to several small national parks and towering jarrah and marri trees, hides clumping Lechenaultia, which local Aboriginal people refer to rather poetically as 'the floor of the sky' for its brilliant blue colour. You'll also see plenty of velvety red and green kangaroo paws – the floral emblem of Western Australia – and renowned Sturt desert peas, the state flower of South Australia. And if you spot a milkmaid or pixie as you go down to the woods, don't be surprised. 🌻



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Mauritian Museums

It's not all about the beaches, says Gilly Pickup



The Blue Penny Museum



1947 'Bordeaux cover' with Mauritius 1 Red Penny and 2 Pence Deep Blue Post Office stamps auctioned in 1993



The Photography Museum

When one thinks of Mauritius, luxurious resorts, pashmina soft sandy beaches and swaying palms probably spring to mind. However, there are plenty of opportunities for visitors to take in some culture during their stay. Enjoy a fusion of Africa, Europe and Asia by exploring the island's heritage through its many diverse museums. Whether your interest is viewing dazzling collections of artworks, getting under the skin of colonial life, uncovering secrets of the island's flora and fauna or being mesmerised by ancient camera equipment, there's a museum for you.

The most famous museum on the island is the Blue Penny Museum in Port Louis. This is named after the world's rarest postage stamps, namely the blue two pence and the red one penny stamp. Issued in 1847, they are displayed under a light for just 10 minutes every hour from 10.30am onwards in order to preserve the colour of the originals. Reprints are displayed the rest of the time; after all, they could well be the island's most valuable objects. The museum also displays marine maps, paintings, sculptures, stamps, engravings and old documents providing information about Mauritian history and culture. Another must-see attraction in the museum is the original marble statue of Paul and Virginie by Prosper D'Epinay. Carved in 1884 it sits alongside editions of the famous novel upon which it is based.



The Martello Tower Museum

Get a fascinating glimpse of colonial life by visiting the Eureka House or Maison Eureka, a Créole residence, originally owned by 19th century British and French nobles. Surrounded by gardens packed with mango trees and rare plants, this is one of the largest houses on the island and has 109 doors and windows. Interesting paraphernalia on show includes a colonial era shower while individual sections are dedicated to music and art. Trails winding through the grounds suit all grades of walkers and provide further interest, as does the River Moka which flows alongside.

A once mighty fortress stands guard at La Preneuse in Black River on Mauritius' south west coast. Now called the Martello Tower Museum, this was one of five fortresses built in Mauritius after the Napoleonic wars to defend against further invasions and revolts by local planters after the abolition of slavery. It is just the place for history buffs who revel in ancient ammunition, bullets and cannon balls. On the upper floor visitors can see rooms where 24 men and an officer lived as well as fireplaces built into the walls for cooking and heating alongside a mishmash of everyday utensils used by the soldiers garrisoned here.

On the south east coast the Mahebourg Historical Naval Museum is located on the bank of the Riviere La Chaux. The national heritage building which houses the museum is called Château de Roubillard or Chateau Gheude and dates back to 1772. Amble through collections of naval artefacts and historical documents relating to various sea battles and shipwrecks. Items rescued from the depths of the ocean include Chinese porcelain from the Ming Dynasty, glistening gold coins, trading beads and a bronze ship's bell. Exhibits which include bones of an extinct species of Giant Tortoise and

the Dodo are ranged across three floors. A preserved village settlement on site is ideal for getting a peek of what life was like in the island's rural settlements in days gone by.

The one-of-a-kind Photography Museum in Port Louis is jam-packed with ancient camera equipment. This treasure trove of all things photographic includes a fabulous collection of old cameras, lenses and books about photography as well as the first daguerreotype pictures on metal, projection equipment and old stereoscopic pictures. In this private collection are the machines used to produce the first newspaper in the southern hemisphere, printed in 1773 in Mauritius, more than 5,000 glass negatives, 9,000 postcards and an unbelievable assortment of cameras –



Exploring the island's heritage through its many diverse museums.



The National History Museum



Central Post Office

On site there is a prison, lodge, bakery and blacksmith's workshop. It is also the site of the ruins of the island's first Catholic Church which displays artefacts found during archaeological excavations mainly from the Dutch colonial period.

The Robert Edward Hart Memorial Museum in Souillac, in the region of Rivière des Anguilles, was the home of the Mauritian poet who lived from 1891 to 1954. Inside this bungalow made of coral is a rich assortment of the poet's personal effects, manuscripts, copies of personal letters, plays, poetries, speeches, photographs, paintings, his violin, awards and his spectacles. It is almost as if the man himself has just popped out and will return in a few minutes. The house itself, called La Nef, was donated to the poet after his own house was destroyed by a cyclone.

The Central Post Office or General Post Office in Port Louis, dating back to the Colonial period, is a museum dedicated to the history of Mauritian postal services. Exhibits range from old stamps to documents detailing railway history. The design of the roof, clock and exterior including the five arches as well as inscriptions on the front of the building are examples of the craftsmanship which developed in British Mauritius during the mid-Victorian era.

Built in remembrance of the island's first Prime Minister, the Sir Seewoosagur Ramgoolam Memorial Centre for Culture (SSR Memorial Centre for short) was his seven-roomed home. It contains the furniture he used, medical equipment and clothing. In the front courtyard there is a bronze statue of the man himself sculpted by Russian artist, Alexandrov Moskow. 🇷🇺

one thousand of them. Visitors can also ponder over old stereoscopic pictures which show how Mauritius looked in 3D.

The island's oldest public museum is the National History Museum in Port Louis. It tells you everything you want to know about the island's flora and fauna through its 35,000 geological specimens – 3,000 are on display at any one time – and its 300 or so endemic plants. Hanging from the ceiling are some huge stuffed fish while all around are hundreds of varieties of seashells with a whole room dedicated to what is probably the most famous Mauritian of all, the poor old dodo. Walking round you will encounter various kinds of insects and butterflies while the Marine Life gallery is dedicated to underwater life and is crammed with information about the hundreds of fish species which live in the seas around the island.

Built in 1737, Frederik Hendrik Museum in Vieux Grand Port was constructed on the ruins of the first Dutch fort in Mauritius.



A bronze statue of Sir Seewoosagur Ramgoolam



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The sport of kings

Horse racing, the 'sport of kings', came to India in the early 18th century and, nearly 250 years on, it is still flourishing.



WORDS: CHRISTINE PEMBERTON



The Mahalakshmi Racecourse



From the first racecourse set up in 1777 in what was then Madras – now Chennai – the love of horses and horse racing spread across the country, pretty much in step with the progress of British colonisation.

The Brits loved racing, and they spread this love across the subcontinent, setting up racecourses and stud farms. They even left behind a legacy of classic races that are still modelled on the British racing calendar: the Guineas, the Oaks, the Derby and the St. Leger. Other than the St. Leger, all of these big-ticket, high-profile, well-funded races take place in Mumbai. The St. Leger takes place in nearby Pune, which is almost the summer racing capital of Mumbai.

The horse racing season in Mumbai runs from November to April. The races are generally held on Sunday and Thursday afternoons. The Derby is always run on the first Sunday of February, and has become an integral part of the winter social circuit. To see Indian horse racing at its best, the Derby meeting is the place to be.

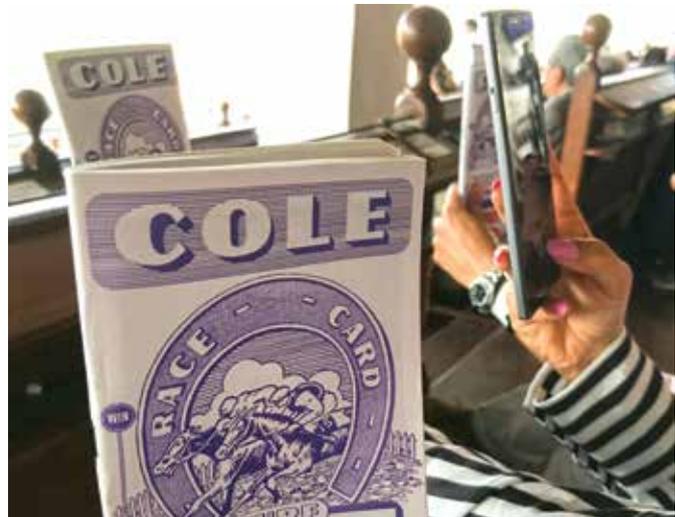
The Mahalakshmi Racecourse, owned by The Royal Western Turf Club – an elite sports club in Mumbai – was built in 1883 on 225 acres of land, facing the sea and in the middle of the bustling city of Mumbai. It is oval in shape and the length of the racetrack is some 2,400 metres.



Colonial in style, the racecourse's structures date back to the 1880s. These have great architectural beauty and the government has taken measures to preserve its historical significance. The historic Grandstand is now included in the list of 'heritage structures of India'.

Fashion and passion come together at the Indian Derby. The crowds are huge, the stands are packed, and with an elegance that only India can provide, women in gorgeous chiffon saris and pearls almost outshine those who opt for gorgeous frocks and big picture hats. Wealthy business tycoons, actors, celebrities and others from the upper strata of society regularly attend. But there are also serious crowds, the punters who are there only for the racing and not to see and be seen.

Under a warm Mumbai winter sun, people check out the form of the horses, rush to place bets and then pack the stands. But when you hear the crowds roaring in support as the Derby starts, it doesn't matter where you are sitting, nor how smartly or casually dressed you are. There is a passion for the sport of kings that unites the Maximum City.



There are two enclosures at the venue:

1. The General Public Stand where tickets are much cheaper and include a Rupees 50 voucher for betting but does not give access to the main area, food stalls and performances.
2. The Member Enclosure where you do not have to be a member of the Club (RWITC) to enter. Tickets cost more and include full access to carnival area, race track view, food stalls, and performances. The ticket includes a voucher worth Rupees 400 that you can spend on betting and Food & Beverages.

Mobile phones are allowed free for all the ticket holders. Previously you had to pay for carrying a cell phone to the venue. Tickets are available at the venue. On the Derby Day (Sunday) it attracts a crowd of around 30,000 fans and can accommodate even more.

All attending through the Member's enclosure are expected to be dressed smart. For men, the acceptable dress code is suit or safari suit, or a full-sleeved shirt with tie or a jacket/blazer with shoes. However, men are also allowed to wear the national dress like dhoti, or churidar with appropriate footwear. Ladies can wear anything except beachwear.

For those visiting through the Public stand, you can dress as you like.

Betting is not compulsory, you can just enjoy the race / event / venue. But it is recommended you purchase the race book to get a feel of the pulse of the race by betting on your favourite horse than to just be a spectator. Who knows, you might even win.

The venue has an elaborate food court, a mini flea market and also features music & fashion events. Saturdays & Sundays during February are normally sunny with all men, women and children at their fashionable best amidst thoroughbred horses and millions in betting money. The atmosphere can best be described as electric and charged.

The beautiful lawns within the Mahalakshmi Racecourse are also used for parties, weddings and other special occasions and can hold around 1,500 to 2,000 people. Concerts are also staged here and performers have included British singer-songwriter Ed Sheeran, Martin Garrix, and Udayan Sagar (better known by his stage name Nuckleya). The venue is also famous for polo matches.

More than 100 horses are trained here before the racing season but the ordinary 'Mumbaikar' has access to the racecourse in the mornings and evenings during specified times for exercise, walking or jogging in the inner lane of the main horse race track. The racecourse has also transformed many common Mumbaikars to Marathoners. Yoga sessions, and tai-chi are conducted in the garden situated within the race-track.

There are horse-riding lessons provided by the Amateurs Riders Club for those interested. During non-racing days one can find a lot of other activities going on, such as flying model radio-controlled planes. The ground is also used as a helipad. It is close to Mahalakshmi Station which is an added advantage.



Mahalaxmi Racecourse also has some of the nicest eateries to enjoy. It is not just about derbies and top-notch events. Here are some worth a visit:



Keiba

A venue that stands out in the Mumbai landscape and provides a memorable experience is Keiba, which serves Pan Asian food. The outdoor-indoor design is entwined with decade-old trees and pink bougainvillea flowers. The outdoor space has multiple seating levels on each side with a trickling water feature.

Try out their delectable dim sum, crispy cheung fun, fresh maki rolls and sashimi and inspired main courses and desserts. Thoughtfully presented by international beverage consultants, the drinks have been designed to complement the flavours and ingredients on the menu. For a true Asian experience try *Sakura*, which is made with *umeshu*, sake and fresh lime topped with sparkling wine.

Gallops

A visit to Gallops is a charming experience. The menu is varied but not to miss is the onion soup followed by chilli cheese toast, prawn cocktail and *burrah* chops. It is a restaurant that Zomato claims has a legendary status and the menu reminds you of British-style clubhouses.

There is also a hidden, unnamed gem next to Gallops at Mahalaxmi Racecourse that serves a delectable and affordable menu. The menu is limited with items such as batata wada, omelette, masala chai, etc., but the real reason why people go here is to enjoy the view.



Tote on the Turf

If you are looking for open space, good food and excellent service then Tote on the Turf could be for you. This architectural wonder, with rich tree-like columns supporting a Spanish-style, tiled inclining rooftop with large glass dividers makes it look very spacious. It serves sumptuous *Nawabi* meals with a wide range of flavours from Lucknow, Hyderabad, and Kashmir. Enjoy cocktails and liquor at the bar that will keep you going for the night. 🍷



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Travel tips





AFRICA'S FIRST A320NEO ARRIVES

Air Seychelles has become the first airline in the Indian Ocean and Africa to take delivery of a new Airbus A320neo aircraft into its international fleet.

Named *Veuve* after the Seychelles Paradise Flycatcher, the single aisle aircraft registered as S7-VEV, has 12 Business Class and 156 Economy Class seats.

Powered by the new-generation LEAP-1A engine from CFM International, the new A320neo jetliner features fuel-saving wingtip devices known as sharklets, and is the world's most advanced and fuel-efficient aircraft.

Touching down at the Seychelles International Airport on 2 August 2019, *Veuve* was welcomed by a ceremonial water-cannon salute witnessed by government dignitaries, stakeholders, members of travel and trade, and the media.

Addressing the guests during the welcoming ceremony, the Principal Secretary for Civil Aviation, Ports and Marine, Alan Renaud, said: "The arrival of *Veuve* marks the start of a new chapter in the development of the national airline as the increased seat capacity available on the aircraft will enable Air Seychelles to continue delivering a significant contribution towards the growth of tourism and the Seychelles economy."

Sharing his excitement with the audience, Air Seychelles Chief Executive Officer, Remco Althuis said: "The arrival of *Veuve* marks an important milestone in the history of Air Seychelles and, following the intense preparation that started since 2017, today we are beyond proud to see the beautiful livery of Air Seychelles on the first A320neo in Africa."

INFLIGHT ENTERTAINMENT VIEWING PLATFORM WITH 'SEYSTREAM'

Air Seychelles has introduced its new inflight wireless streaming entertainment system across its A320neo and A320ceo aircraft.

The new entertainment system, branded as 'seyStream', is accessible via guests' personal devices including smartphones, laptops and tablets. Guests will need to use their headsets when streaming the entertainment platform.

Refreshed bi-monthly, 'seyStream' features a range of exciting content including the latest Hollywood releases, classic movies, a range of TV programmes such as drama, comedy, documentary, lifestyle and sports as well as a dedicated music collection comprised of top international hits and Creole tracks. The platform will also feature children's programmes and a variety of games.

To access 'seyStream', detailed instructions are available on a card in the seat pocket onboard the aircraft. Guests will be advised by the cabin crew when to access the inflight entertainment platform.



IMPROVED BOARDING PROCEDURE FOR INTER-ISLAND TRAVEL

Air Seychelles has implemented a new boarding procedure for guests travelling between Mahé and Praslin as well as other islands within the Seychelles archipelago.

As part of the new procedure, prior to boarding the Twin Otter aircraft the Guest Service Agent on duty will invite all passengers to proceed to the boarding counter within the domestic departure terminal to view a dedicated onboard safety video briefing.

Passengers will also be advised to follow specific guidelines when proceeding to and from the domestic terminal on the ramp to the Twin Otter aircraft for boarding.

SEASONAL SERVICE TO IVATO INTERNATIONAL AIRPORT

Air Seychelles, has a seasonal twice-per-week service to the capital city of Madagascar, Antananarivo. The schedule for the seasonal flights runs until 26 October 2019.



Flight #	Origin	Destination	Depart	Arrive	Frequency
HM 755	Seychelles	Antananarivo	1335hrs	1510hrs	Wednesdays
HM 754	Antananarivo	Seychelles	1600hrs	1935hrs	Wednesdays
HM 755	Seychelles	Antananarivo	0945hrs	1120hrs	Saturdays
HM 754	Antananarivo	Seychelles	1220hrs	1555hrs	Saturdays

AIR SEYCHELLES TO LAUNCH DIRECT FLIGHTS TO TEL AVIV

Air Seychelles will introduce a new service linking the Seychelles and Israel's largest metropolitan area, Tel Aviv, from 27 November 2019.

The new service will operate on Wednesday evenings from the Seychelles with the returning flight departing Tel Aviv later the same day.

The flight has been carefully timed to provide business and leisure travellers convenient connections over the Seychelles to Mauritius, Johannesburg and Mumbai.

The 6 hours and 20 minutes flight will be operated by the airlines' new Airbus A320neo aircraft *Veuve, S7-VEV*.

Located on the Mediterranean coast, Tel Aviv is known for its thriving metropolis with a vibrant shopping and nightlife experience. At the same time Jerusalem, located nearby, is famous for its life-changing pilgrimage tours around the Holy Land.

The national airline will also be adding EL AL Airlines to its list of interline partners as part of its network expansion to provide onward connections to over 20 destinations across Europe via the Ben Gurion International Airport.

The schedule for the return flights between Seychelles and Tel Aviv starting as from 27 November 2019 are as follows:

Flight #	Origin	Destination	Depart	Arrive	Days	Aircraft
HM021	Seychelles	Tel Aviv	1730hrs	2150hrs	Wednesdays	Airbus A320neo
HM022	Tel Aviv	Seychelles	2355hrs	0825hrs	Wednesdays	Airbus A320neo



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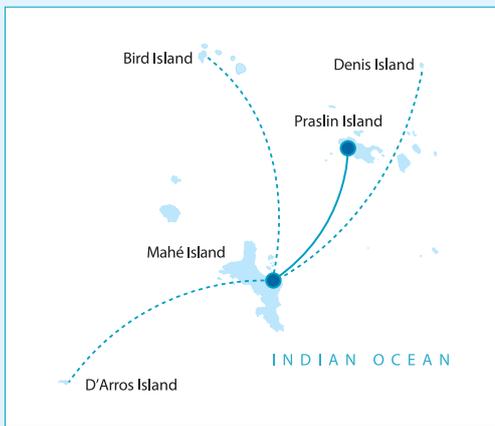
Air Seychelles global offices

<p>India</p> 	<p>Capital: New Delhi Languages: Hindi, English Currency: Indian Rupee Area: 3,287,590 km² Population: 1,263,830,000 Air Seychelles destination: Mumbai</p>	<p>Jet Air Pvt. Ltd 2-A Stadium House Veer Nariman Road, Churchgate Mumbai 40020, India Tel: +91 22 22040685/82 Email: hmsales@jetair.co.in/hmres@jetair.co.in</p>
<p>Israel</p> 	<p>Capital: Tel Aviv Language: Hebrew Currency: Israel Shekel Area: 20,770 km² Population: 9,085,610 Air Seychelles destination: Tel Aviv</p>	<p>BSR 1 2, Ben Gurion Rd Ramat Gan 5257334 Tel Aviv, Israel Tel: +972 3 795 2104 / 51 000 18 Email: info@tal-aviation.com</p>
<p>Mauritius</p> 	<p>Capital: Port Louis Languages: French, English, Creole Currency: Rupees Area: 2,040 km² Population: 1,243,000 Air Seychelles destination: Plaisance Airport</p>	<p>Rogers Aviation Ltd 2, Gardens of Bagatelle Bagatelle Office Park Moka, Mauritius Tel: +230 2026665 Email: olivier.malepa@rogers-aviation.com</p>
<p>Seychelles</p> 	<p>Capital: Victoria Languages: Seychellois Creole, English Currency: Seychelles Rupee Area: 456 km² Population: 95,235 Air Seychelles destination: Mahé & Praslin</p>	<p>Air Seychelles Ltd Seychelles International Airport P.O. Box 386 Mahé, Seychelles Tel: +248 4391000 Email: callcenter@airseychelles.com</p>
<p>South Africa</p> 	<p>Capital: Pretoria Languages: English, Afrikaans (11 official languages) Currency: South African Rand Area: 1,221,037 km² Population: 45,919,000 Air Seychelles destination: Johannesburg</p>	<p>Border Air Pty Ltd Lu Dowell Representations 280 Oak Avenue Randburg Johannesburg, South Africa Tel: +27 11 3264440/4443/4483 Email: isla@border-air.co.za</p>

Route Network



Air Seychelles Domestic Network

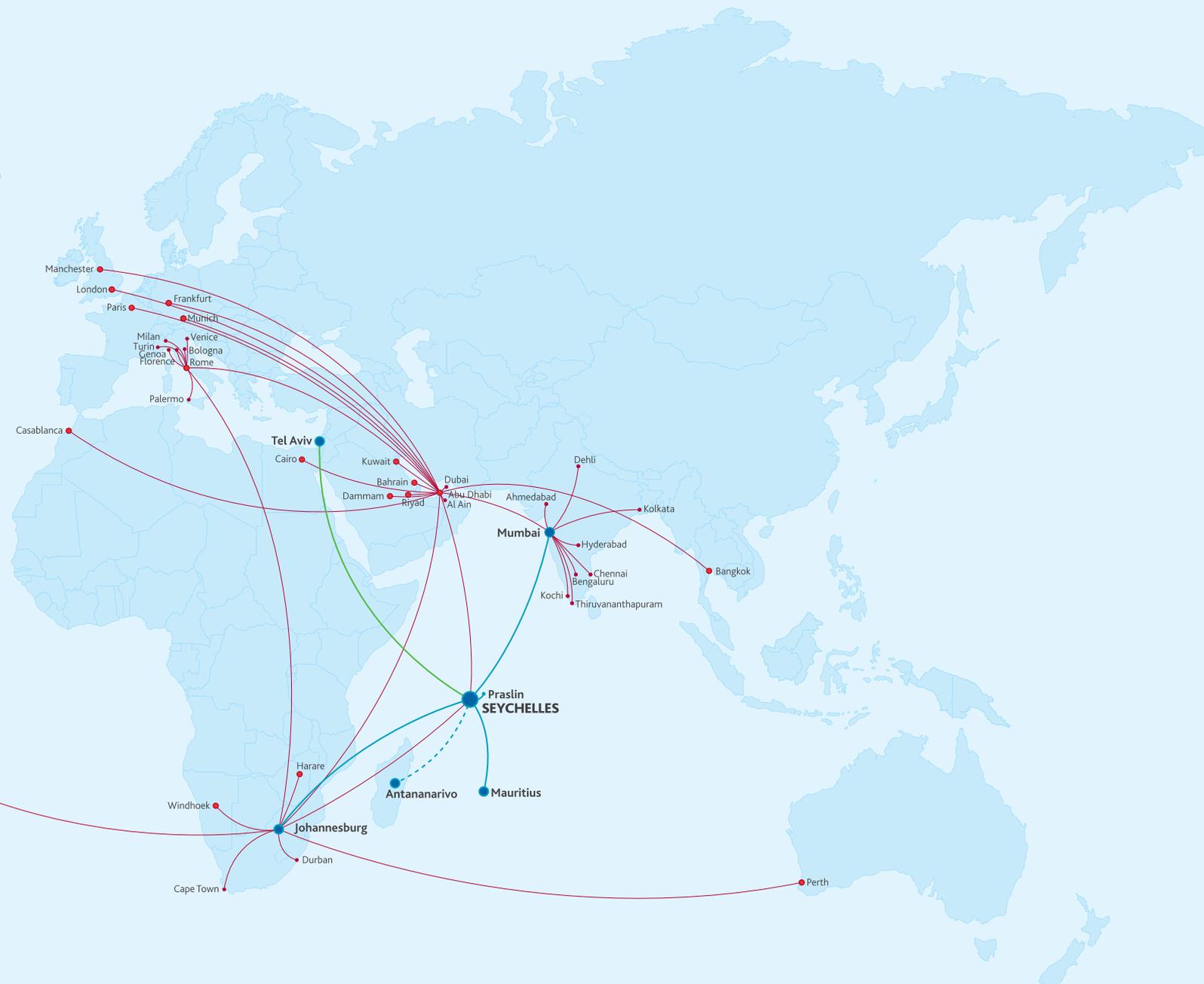


MAP KEY

- Air Seychelles Flights
- New Air Seychelles Routes
- - - Air Seychelles Chartered/Seasonal Flights
- Codeshare Flights
- New Codeshare Flights

OUR CODESHARE PARTNERS





Our fleet

A320neo



Airbus A320-200neo (Veuve, S7-VEV)

Aircraft: 1
Length: 37.57m
Wing span: 34.09m
Passenger capacity: 168
Cruising speed: 840km/h
Cruising altitude: 37,000ft
Business Class seats: 12
Economy Class seats: 156
Seat Configuration one aisle passenger cabin:
Business Class: 2-2 configuration and Economy
Class 3-3 configuration

A320ceo



Airbus A320-200ceo (Amirantes, S7-AMI)

Aircraft: 1
Length: 37.57m
Wing span: 34.09m
Passenger capacity: 136
Cruising speed: 840km/h
Cruising altitude: 37,000ft
Business Class seats: 16
Economy Class seats: 120
Seat Configuration one aisle passenger cabin:
Business Class: 2-2 configuration and Economy
Class 3-3 configuration

Twin Otter DHC 6



DHC-6 Twin Otter-400 Series

Aircraft: 5
Length: 15.80m
Wing span: 19.80m
Passenger capacity: 19
Cruising speed: 260km/h
Cruising altitude: 10,000ft
Seat capacity: 19
Engines: Pratt and Whitney PT 6A-27



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IMPORTANT INFORMATION

Airport

Seychelles International Airport is the main airport on the main island of Mahé. There are two terminals for International and Domestic.

Information

There is a tourist information/ hotel booking desk in Arrivals. There are ATMs, a Bank and a Bureau de Change at the airport.

Time

Seychelles is four hours ahead of GMT and three hours ahead of Central European Time.

Electric supply

The power sockets are of type G. The standard voltage is 240 V and the standard frequency is 50 Hz.

Language

Creole, English and French are the official languages of the Seychelles.

Currency

The Seychelles Rupee. There is no restriction on the import and export of domestic and foreign currency in the country. However, anything over USD 10,000 should be declared on arrival or departure. Banks and Bureaux de Change are authorised dealers in foreign currency.

Credit cards

Most credit cards and travellers' cheques are accepted.

Banking

Banking hours are generally Monday-Friday 0800hrs-1400hrs, and Saturday 0800hrs-1100hrs.

Public holidays 2019

- New Year (1 January)
- Good Friday, Easter Sunday, Easter Monday (19, 21 & 22 April)
- Labour Day (1 May)

- Liberation Day (5 June)
- Corpus Christi (20 June)
- Constitution Day (18 June)
- National Day (29 June)
- Assumption Day – festival on La Digue (15 August)
- All Saints Day (1 November)
- Immaculate Conception (8 December)
- Christmas Day (25 December).

Passport requirement

Valid passports or other travel documents recognised by Seychelles are required for entry into Seychelles. The passport MUST be valid for the period of the intended stay.

Visa requirement

Visa is not required for entry into the Republic of Seychelles regardless of the nationality of the passport holder. Re-confirm before travel. www.ics.gov.sc

Ground transport

Driving in Seychelles is on the left side of the road. You can rent cars on Mahé and Praslin. There are several car hire counters outside the arrivals hall at Mahé International Airport. Seychelles Public Transport runs daily bus services from morning to evening. The bus usually passes by every 15 minutes.

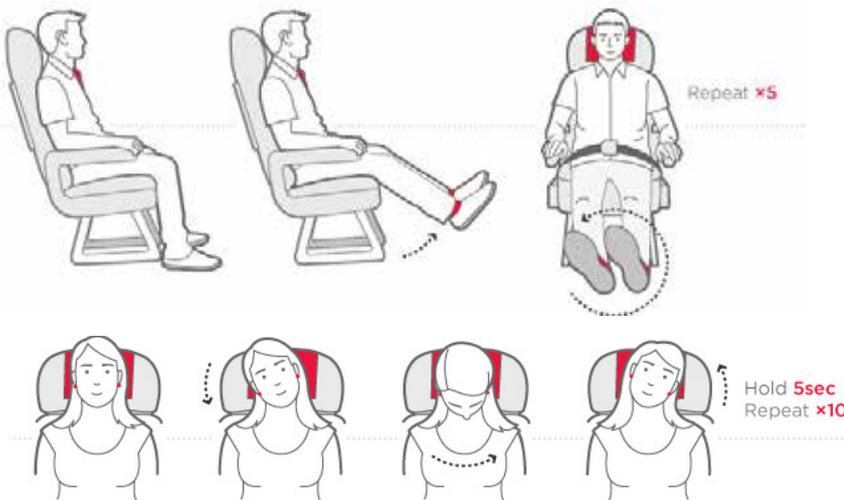
Taxi service

Taxi service is safe and reliable and you can get one from the International Airport or call for one from your hotel.

Tourist information office

The Seychelles Tourist Office is located in Independence House, Victoria, Mahé.

These simple exercises will help to relieve the tiredness and stiffness associated with flying. Check with your doctor first if you have any health conditions which might be adversely affected by exercise.



Shoulder circles

- Sit tall and move forward in your seat.
- Bring your shoulders up towards your ears, then circle back downwards.
- Reverse the exercise by lifting your shoulders towards your ears and drop them back.

Neck rolls

- Sit back in your seat and flatten the headrest.
- Gently and slowly roll your neck to one side, then back through the centre towards the other side.
- Try keeping the back of your neck extended.

Sit up straight

- Place the pillow at the hollow of your back.
- Sit tall in your seat to avoid compressing your spine.
- Do not cross your legs. Instead, try to sit with your weight evenly balanced.

Ankle circles

- Sit tall in your seat, and place the pillow under your thigh, just above the knee.
- Keep your weight even as you circle your foot around, keeping the whole foot as still as possible.

Other tips for a comfortable flight

- For your comfort try and travel light.
- Wear loose clothing and elasticated stockings made of natural fibre.
- Increase your normal intake of water.
- Use moisturising cream to keep your skin from drying out.
- Take off shoes in the plane to prevent your feet from swelling.
- Avoid heavy meals during the flight.
- Short walks once every two hours are excellent for circulation.
- On arrival at your destination, have a hot shower or relaxing bath.
- Try to touch your toes when waiting in the aisle to stretch your hamstrings.
- On arrival a quick job, brisk walk, or a vigorous scrub will help stimulate your circulation.

MON ZIL, MON SEYBREW

MY ISLAND, MY SEYBREW



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