

AFRICA · BEACHES · ISLANDS · DIVING · WILDLIFE · HIKING



Seychelles

Seychelles scatters 115 islands across the western Indian Ocean, but most visits focus on three granite isles: Mahé, Praslin and La Digue. Anse Source d'Argent's sculpted boulders are instantly recognisable, and Praslin's Vallée de Mai shelters the coco de mer, a palm found wild nowhere else. It is among the priciest island destinations, though self-catering guesthouses soften the cost.

 Before you go, read the UK government's travel advice for Seychelles and entry requirements (visas, passport validity). Last updated by FCDO 20 October 2026.

 CAPITAL Victoria	 CURRENCY Seychellois rupee (SCR) £1 ≈ SCR 19.60	 LANGUAGE Seychellois Creole, English French	 BEST TIME Apr–May, Oct–Nov
 DAILY BUDGET £90–£520 £££ Expensive	 PLUGS Type G 240V · UK plugs fit	 FLIGHT FROM LONDON 13h 30m via Dubai, Doha or Abu Dhabi ~£650–£1,200 return	 TIME ZONE UTC+4 standard time

Seychelles divides into the mostly granitic Inner Islands — rugged, forested and fringed by the famous boulder-strewn beaches — and the flat coral Outer Islands such as Aldabra and Desroches, reached only by small plane or boat at considerable cost. Almost everyone flies into Mahé, the largest island, home to the small capital Victoria, the Morne Seychellois mountains and Beau Vallon beach. The classic first trip spends a few nights each on Mahé, Praslin and La Digue, linked by fast ferries, with day trips to Curieuse, Cousin or the Sainte Anne marine park.

Costs are high: imported food, island-hopping transfers and beach resorts add up, though Creole guesthouses, takeaways and supermarket picnics keep a trip within reach. Most UK travellers fly via a Gulf hub such as Dubai, Doha or Abu Dhabi. The pace is slow and crowds thin, even at the famous beaches outside the middle of the day. It suits couples, hikers, snorkellers and birdwatchers more than nightlife seekers. First-timers are often surprised by how mountainous and green the islands are — and by how much the trade winds decide which beaches are calm and seaweed-free.

Top 5 highlights

- 1

BEACH

Anse Source d'Argent, La Digue

On La Digue's west coast, pink-grey granite boulders frame shallow, reef-sheltered water and powder-white sand. Cycle in through the L'Union Estate, which charges an entry fee, and come in late afternoon when the light softens.
- 2

NATURE

Vallée de Mai, Praslin

This UNESCO-listed palm forest on Praslin protects thousands of coco de mer palms, whose huge double nuts are the world's heaviest seeds. Walk its shady trails early and listen for the rare Seychelles black parrot.

3

BEACH

Anse Lazio, Praslin

Praslin's north-western beach of fine sand and clear water is backed by takamaka trees and flanked by granite boulders; snorkel round the rocks at either end and arrive early to beat day-trippers.

4

WILDLIFE

Curieuse Island

A short boat ride from Praslin, Curieuse has free-roaming Aldabra giant tortoises, a mangrove boardwalk, wild coco de mer palms and the ruins of a former leper colony; trips often add snorkelling at St Pierre islet.

5

NATURE

Morne Seychellois National Park

Covering about a fifth of Mahé, this park rises to the 905-metre Morne Seychellois. Hike the Copolia or Morne Blanc trails through mist forest and endemic pitcher plants to viewpoints over the coast.

Biggest cities

LARGEST CITY

Victoria

≈ 30,000 people

One of the world's smallest capitals: browse the Sir Selwyn Selwyn-Clarke Market, see the silver clock tower and the colourful Hindu temple, and give it a morning rather than a night.

Victoria is the only town in Seychelles; everyone else lives in villages and districts strung along Mahé's coast and on Praslin and La Digue. The figure covers greater Victoria at the 2022 census.

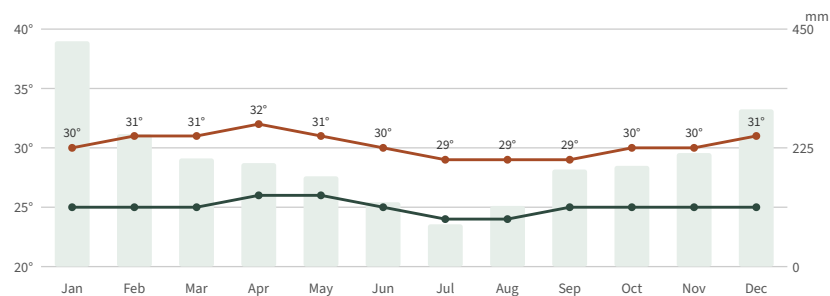
When to go to Seychelles

Best time: **Apr–May, Oct–Nov.**



Average climate in Victoria

— High °C — Low °C — Rain (mm)



Festivals & events

Aug	Fet La Digue La Digue's biggest celebration falls on 15 August, the Feast of the Assumption, with a church procession followed by music, food stalls and partying that draws visitors from the other islands.
Oct	Festival Kreol A week of Creole music, dance, food, fashion and literature in late October, centred on Mahé, celebrating the islands' shared language and African, Malagasy, French and Indian roots.

How much does Seychelles cost?

SHOESTRING £90 per person / day ≈ SCR 1,764 hostels, street food, buses	MID-RANGE £220 per person / day ≈ SCR 4,312 3-star hotels, restaurants, some taxis	COMFORTABLE £520 per person / day ≈ SCR 10,192 4-star+, guided trips, private transfers
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Estimates per person per day, excluding flights. Prices vary by season and city.

Food to try

Kari pwason (fish curry)

Fresh reef fish or tuna simmered with ginger, garlic, turmeric and coconut milk, served with rice or boiled breadfruit and a tangy green-papaya chutney.

Kari zourit (octopus curry)

Tender octopus slow-cooked in a coconut and spice sauce; a Creole favourite that appears on almost every local menu.

Ladob

A sweet stew of plantain or breadfruit cooked in coconut milk with sugar, nutmeg and vanilla, eaten as dessert; a savoury salted-fish version also exists.

Getting around

On Mahé, cheap SPTC public buses reach most of the coast, though they fill up and stop early in the evening; hire cars suit confident drivers happy with narrow, steep roads on the left. The Cat Cocos fast ferry links Mahé and Praslin in about an hour, smaller ferries continue to La Digue, where bicycles rule, and Air Seychelles flies Mahé–Praslin in around 15 minutes.

Practical information

PLUGS & VOLTAGE  G 240V — UK plugs fit	EMERGENCY NUMBERS Telephone: 999 (ambulance, fire, police) Source: FCDO “Getting help”
DIALLING CODE +248	TIME ZONE UTC+4 (standard time)
TAP WATER Generally safe to drink	DRIVING On the left
TIPPING Many hotels and restaurants add a service charge; otherwise around 10% is appreciated for good service, plus a small tip for boat crews and guides.	

ETIQUETTE

Greet people with 'Bonzour' before asking anything, cover up away from the beach, especially in Victoria and churches, and note that nude sunbathing is not permitted.

MAIN AIRPORTS

Seychelles International Airport (SEZ), Victoria

Visas & entry for Seychelles

Shown for a British passport.

Apply online before you go (travel authorisation)

You do not need a visa to visit Seychelles, but you must get a travel authorisation before you travel.

When you arrive, you'll get a visitor's permit for 3 months. You can apply for 3-month extensions, up to a maximum period of 12 months in total, if you meet visitor permit extension requirements. You can apply online to extend before your current visitor's permit expires or in-person at the Immigration and Civil Status Office in Victoria.

From the UK government's FCDO entry requirements for British passport holders — read the full page for passport validity, permits and exceptions.

Health & vaccinations

 See a travel health nurse, GP or travel clinic **6–8 weeks before you go**. Make sure routine UK vaccinations (such as MMR and diphtheria-tetanus-polio) are up to date.

RECOMMENDED FOR MOST TRAVELLERS

Tetanus

SOMETIMES ADVISED — DEPENDS ON YOUR TRIP, ACTIVITIES AND HEALTH

Chikungunya Dengue Hepatitis B Bat Lyssavirus Typhoid

YELLOW FEVER CERTIFICATE

A yellow fever certificate is only required if you arrive from (or transit through) a country with yellow fever risk — not if you fly direct from the UK.

MALARIA

No malaria risk

Source: TravelHealthPro (National Travel Health Network and Centre), checked 21 October 2026. This is a summary, not medical advice.

Public holidays in Seychelles

The next 12 months. Banks, offices and some sights may close, and transport and hotels get busy around these dates.

Sun 1 Nov 2026	All Saints' Day
Mon 2 Nov 2026	All Saints' Day (observed)
Tue 8 Dec 2026	Immaculate Conception
Fri 25 Dec 2026	Christmas Day
Fri 1 Jan 2027	New Year's Day

Sat 2 Jan 2027	New Year Holiday
Fri 26 Mar 2027	Good Friday
Sat 27 Mar 2027	Easter Saturday
Mon 29 Mar 2027	Easter Monday
Sat 1 May 2027	Labour Day
Thu 27 May 2027	Corpus Christi
Fri 18 Jun 2027	Constitution Day
Tue 29 Jun 2027	Independence (National) Day
Sun 15 Aug 2027	Assumption Day
Mon 16 Aug 2027	Assumption Day (observed)

National holidays only. Dates based on lunar calendars can move by a day or two depending on official announcements.

Useful phrases in Seychellois Creole

ENGLISH	SEYCHELLOIS CREOLE	SAY IT
Hello	Bonzour	<i>bon-ZOOR</i>
Thank you	Mersi	<i>mair-SEE</i>
Please	Silvouple	<i>seel-voo-PLAY</i>
Excuse me	Eskiz mwan	<i>es-KEEZ mwan</i>
How much is this?	Konbyen sa?	<i>kom-BYEN sah</i>

Know before you go

- Beach conditions follow the trade winds: from May to September, north-west coasts such as Beau Vallon are calmest; from December to March, south-east-facing beaches are usually better.
- Coco de mer nuts sold as souvenirs need an official export permit; buy only from licensed sellers, who supply the paperwork.
- Book the Cat Cocos and inter-island ferries ahead in peak season, carry seasickness tablets when the south-east trades blow, and allow a buffer day before international flights.

Visa, health and safety rules change. Before you book or travel, check the FCDO travel advice (gov.uk/foreign-travel-advice) and TravelHealthPro (travelhealthpro.org.uk). Costs are estimates. © 2026 Pick My Trip.