

# Seychelles Cultural & Beach Tour: Creole Cuisine Experience – 6 Nights

Prepared by TourGrids



Destination  
**Seychelles**



Duration  
**6 Nights 7 Days**



Starting from  
**Rs. 1,30,000 / person**

## ITINERARY ROUTE

↔ **Mahé · 3N**

↔ **Praslin · 2N**

↔ **La Digue · 1N**

<https://tourgrids.com/packages/seychelles/seychelles-6-nights-7-days-package-1086>

## Overview

Experience the best of Seychelles with this curated Seychelles tour package that blends island culture, pristine beaches, and authentic Creole cuisine. This 6-night / 7-day Seychelles Adventure tour package visits the highlights of Mahé, Praslin, and La Digue, combining nature walks, island-hopping, snorkeling, and a hands-on Creole cooking experience. Perfect for travelers seeking a balanced Seychelles Adventure package focused on culture and coastal beauty.

### Highlights:

- Cultural immersion in Victoria and Creole cooking class
- Vallée de Mai (UNESCO) and Anse Lazio on Praslin
- Biking and iconic Anse Source d'Argent on La Digue
- Snorkeling at St. Pierre and day trip to Curieuse Island (giant tortoises)
- Guided hike in Morne Seychellois National Park and beach time at Beau Vallon

This 6 and 7 Seychelles Adventure tour package is ideal for couples, families, and small groups who want both relaxation and authentic island experiences. Note: Inter-island ferries operate subject to weather; schedules may vary.

### ✓ What's Included

- ✓ 6 nights accommodation (3 nights Mahé, 2 nights Praslin, 1 night La Digue) in 3–4 hotels or equivalent
- ✓ Daily breakfast (6)
- ✓ Welcome Creole tasting and 1x hands-on Creole cooking class/dinner
- ✓ Inter-island ferry tickets (Mahé–Praslin–La Digue–Praslin–Mahé) or equivalent transfers
- ✓ Guided tours: Victoria walking tour, Morne Seychellois hike, Vallée de Mai entry and guided visit
- ✓ Full-day boat excursion to Curieuse & St. Pierre (shared, with lunch)
- ✓ Bicycle rental on La Digue (half day)
- ✓ Private arrival & departure transfers on Mahé
- ✓ Local taxes and park entrance fees where stated
- ✓ Service of English-speaking local guide for scheduled activities

### ✗ Not Included

- ✗ International flights to/from Seychelles
- ✗ Travel insurance and personal expenses
- ✗ Visa fees (if applicable)
- ✗ Meals not mentioned (lunches and some dinners)
- ✗ Optional activities (scuba diving, private charters, spa treatments)
- ✗ Gratuities and tips
- ✗ Port/embarkation fees if applicable
- ✗ Any surcharge for high-season ferries or charters (if required)
- ✗ Important: Inter-island ferry schedules and accommodations are subject to availability. Prices may vary in high season and peak holidays.

## Day-by-Day Itinerary

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Day

1

### **Arrival, Transfer & Victoria Introduction**

Arrive at Seychelles International Airport (Mahé). Meet your transfer and check in at your hotel in Beau Vallon / Victoria. Enjoy a relaxed orientation walk in Victoria—visit the local market, the historic Clock Tower, and the National Botanical Gardens. Evening at Beau Vallon Beach with a welcome briefing and recommendations for reef-safe sunscreen and insect repellent. Dinner at a local restaurant featuring a light Creole tasting menu.

Day

2

### **Morne Seychellois Hike, Tea Factory & Creole Flavors**

Morning guided hike in Morne Seychellois National Park—enjoy panoramic island views and endemic flora. After the hike, visit the Tea Factory and Mission Lodge viewpoint for stunning vistas. Afternoon Creole culture introduction with a short walking tour of Victoria's craft shops. Evening Creole cooking demonstration & tasting where you learn to prepare 2–3 traditional dishes and enjoy dinner with your creations.

Day

3

### **Ferry to Praslin, Vallée de Mai & Anse Lazio**

Transfer to the ferry terminal and take the morning ferry to Praslin (approx. 1 hr). Check in and head directly to the Vallée de Mai Nature Reserve (UNESCO World Heritage site) to see the endemic Coco de Mer palms. Afternoon at Anse Lazio — one of the world's most photographed beaches — for swimming, sunbathing and optional snorkeling. Evening at leisure with dinner featuring local seafood specialties.

Day

4

### **Curieuse & St. Pierre Snorkel Excursion**

Full-day boat excursion (shared) to Curieuse Island and St. Pierre for snorkeling and wildlife viewing. Walk the trail on Curieuse to encounter the giant Aldabra tortoises, mangrove habitats, and learn about the island's conservation. Snorkel stops include coral gardens around St. Pierre. Lunch on board or picnic served on Curieuse. Return to Praslin for a relaxed evening and optional sunset walk.

Day

5

### **La Digue Day: Bikes, L'Union Estate & Anse Source d'Argent**

Short ferry to La Digue in the morning. Explore the island by bicycle—the preferred local transport. Visit L'Union Estate (vanilla plantations, old copra mill), then ride to the iconic Anse Source d'Argent with its sculpted granite boulders and shallow turquoise pools ideal for photos and swimming. Evening free to wander La Digue village and sample street-side Creole snacks. Tip: Bring a waterproof bag and comfortable sandals for beach paths.

Day

6

## Return to Mahé & Evening Creole Dinner Experience

Morning ferry back to Praslin and onward connection to Mahé (schedule-dependent) or direct charter option (subject to supplement). Check in on Mahé and enjoy a free afternoon (optional beach time at Beau Vallon or shopping in Victoria). In the evening, participate in a hands-on Creole dinner experience—prepare a full Creole meal with a local host, learn culinary history and dining customs, then enjoy the meal with matched local flavors.

Day

7

## Departure Day & Farewell

Breakfast and final morning at leisure—last-minute beach time or souvenir shopping in Victoria depending on flight time. Private transfer to Seychelles International Airport for your departure. Note: If you have a late flight, we can arrange a half-day optional activity or beach access (subject to availability).

## ? Frequently Asked Questions

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### ? What's the best time to visit Seychelles from India?

The ideal time depends on your priorities. April-May and October-November offer the best overall conditions with light winds, calm seas, and excellent underwater visibility—perfect for snorkeling and diving. June-August brings cooler, drier weather with southeast trade winds, ideal for hiking and surfing. December-March can be wetter with brief tropical showers but features great diving conditions in October-November. For Indian travelers, avoid the monsoon period back home (June-September) by visiting during Seychelles' calmer months. Peak season pricing occurs around Christmas/New Year, so shoulder seasons (April-May, October-November) offer the best value with optimal weather conditions.

### ? How can I reach Seychelles from India and what are the flight options?

Seychelles International Airport (SEZ) on Mahé is the main gateway. From India, you have seasonal nonstop flights (typically 4.5-5 hours from Mumbai/Delhi) or one-stop connections via Middle Eastern hubs like Dubai, Doha, or Abu Dhabi (7-10 hours total). Airlines like Emirates, Qatar Airways, and Etihad offer reliable connections. Air Seychelles sometimes operates direct seasonal routes. Book well in advance for better prices, especially during peak seasons. Once in Seychelles, domestic flights connect Mahé to Praslin (15 minutes), while ferries serve the main islands. Inter-island transfers should be pre-booked, particularly during peak periods.

## ❓ **Do Indian passport holders need a visa for Seychelles?**

Indian passport holders typically receive visa-free entry to Seychelles with a Visitor's Permit issued on arrival. However, you must meet standard requirements: valid passport (6+ months validity), confirmed return/onward ticket, proof of accommodation, and sufficient funds for your stay. The initial permit is usually valid for 30 days and can be extended. Requirements can change, so always verify current entry conditions with the Seychelles embassy or official tourism website before traveling. Ensure your passport has blank pages for entry stamps and carry printed copies of hotel bookings and return tickets as immigration may request them.

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## ❓ **What are the local transportation options within Seychelles?**

Transportation varies by island. On Mahé and Praslin, public buses (SPTC) run extensive daytime routes at low cost. Rental cars offer the most freedom—driving is on the left with narrow, winding roads requiring caution. Taxis are readily available but more expensive. On La Digue, bicycles are the quintessential transport method, creating a charming, eco-friendly experience. For inter-island travel, fast catamarans connect Mahé-Praslin-La Digue, while domestic flights offer quick hops. Boat charters and water taxis provide access to smaller islands and snorkeling spots. Book inter-island transfers in advance during peak seasons, and always allow buffer time between connections and international flights.

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## ❓ **What accommodation options are available and where should I stay?**

Seychelles offers accommodations across all budgets. Ultra-luxury resorts include Six Senses Zil Pasyon and Anantara Maia with private villas and world-class spas. Mid-range options feature boutique hotels like Coco de Mer Hotel on Praslin and Story Seychelles on Mahé. Budget travelers can choose government-licensed guesthouses offering authentic local experiences. Stay on Mahé for hiking, nightlife, and cultural attractions; Praslin for Vallée de Mai and Anse Lazio beach; La Digue for bicycle culture and Anse Source d'Argent. Many resorts are on private islands for ultimate seclusion. Book early for peak seasons, and note that even luxury resort beaches remain public by law.

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## ❓ **What are the must-visit attractions in Seychelles?**

Don't miss Anse Source d'Argent on La Digue—iconic granite boulders and crystal-clear waters create a photographer's paradise. Vallée de Mai on Praslin is a UNESCO World Heritage site housing the legendary coco-de-mer palms and rare black parrots. Anse Lazio on Praslin consistently ranks among the world's top beaches. Morne Seychellois National Park on Mahé offers hiking trails like Copolia with stunning panoramic views. Visit Curieuse Island to meet giant Aldabra tortoises and explore mangroves. Victoria's Sir Selwyn Selwyn-Clarke Market showcases Creole culture and spices. Beau Vallon beach provides watersports and vibrant evening markets. Each island offers unique experiences, from cultural immersion to pristine nature encounters.

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## 🔍 What local food and cuisine should I try in Seychelles?

Seychellois cuisine blends Creole, French, Indian, and African influences. Must-try dishes include octopus or fish curry in rich Creole spices, grilled red snapper with Creole sauce, and smoked fish salad with lime and chili. Vegetarians will find dhal, vegetable curries, rice, and roti widely available. Don't miss ladob (sweet plantain dessert in coconut milk), breadfruit chips, and banana fritters. Takamaka rum is the local spirit worth tasting. Fresh tropical fruits like breadfruit, jackfruit, and starfruit are abundant. Many restaurants cater to Indian palates with familiar spices and vegetarian options. Local markets offer the most authentic Creole flavors, while resorts provide international cuisine alongside traditional dishes.

## ★ Traveller Reviews



**Anil Sharma**

★★★★★ 5/5

### A Taste of Paradise

Immersive experiences that celebrated the local culture. The joyful dance and music were memorable highlights.



**Aradhya Tiwari**

★★★★★ 5/5

### Explore the Unexplored

The package encouraged us to explore hidden gems in Seychelles. Fantastic experience!



**Seema Kapoor**

★★★★☆ 4/5

### A Couple of Disappointments

While the locations were stunning, we were disappointed by the limited activity options in the package. Still, a good getaway overall.



**Siddharth Roy**

★★★★★ 5/5

### **Seychelles Rejuvenation**

This vacation rejuvenated our spirits. The tour guide made sure we explored every beautiful corner!



**Priyanka Chatterjee**

★★★★★ 5/5

### **Eco-Friendly Tour Options**

Appreciate the eco-friendly options offered in the package. Perfect for sustainable travelers!

## **⚡ Why Choose TourGrids?**

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