



A Private Island Home

GUEST ACTIVITIES

02/2011

Frégate Island offers many land, as well as marine activities.

The following experiences can be enjoyed by our guests:

- Join our island ecologist for a personal tour of the Island and a Nature Walk.
- Take a guided tour of our Plantation & Hydroponics plant. Choose your veggies along the way and sample them freshly cooked at the end of your tour in the plantation garden.
- Visit the Giant Tortoise Nursery & have an opportunity to participate in the Giant Tortoise Adoption Programme (incl. planting an endemic tree & adopting a tortoise for a small donation).
- Frégate Island is a sanctuary for a variety of birds i.e. the endangered Magpie Robin & White Eye. The island has an abundant array of Fairy Terns, Tropic Birds, Seychelles Fodies, Madagascar Fodies, Lesser Noddies, etc. Each season provides a different experience for bird lovers.
- Enjoy evening Nature or Underwater slideshow experiences. Find out about our nature conservation efforts in conserving our unique creatures and flora on the Island.
- Visit the Island museum with its historical artefacts of the pirates, sea life and the history of the Seychelles.
- Snorkel at the Marina beach filled with tropical fish and other amazing sea creatures (Snorkelling Equipment is provided free of charge).
- Enjoy hiking one of the many trails in the forest or along the coast e.g. Turtle Trail, Tortoise Trail, Anse Parc, etc.
- Hike to Mt Signal (125 metres) the highest point on the island or in the forest and you could encounter our Giant Tortoises (sturdy walking shoes required). We have 600 free roaming Giant Tortoises. Be sure to look out for James, our Giant pet.
- Cycle around the island with a Mountain bike.
- Try your hand at windsurfing, hobie cat sailing or canoeing.
- Dive Centre – We offer comprehensive Padi diving courses and certification. For those who are not too sure we offer an introduction to scuba diving free of charge.
- Train at our air conditioned Rock Gym while enjoying scenic views of the island's beauty through ceiling-floor length windows
- Enjoy swimming laps at the 25 m pool or Marina Beach.
- Enjoy being totally spoiled at our award winning, Rock Spa. Guests are offered treatments made from the freshest ingredients at the Spa that will inspire one's senses.*
- Enjoy spectacular views from our island look-out spots.
- Visit all seven of Frégate Island's stunning & award winning beaches.
- Visit our romantic private beach for one couple only. Be sure to get there early to book some secluded time with your loved one.
- Have a sense of adventure, like the pirates of olden times with the Frégate Island Map. Explore the forest and visit Grand Anse.



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- Fine dining may be enjoyed at our two formal restaurants, Frégate House at the main hotel and at the colonial styled, Plantation House.
- Enjoy special dining experiences offered under the sun or under the stars at one of our many selected locations (up in our tree house, on the beach, at your villa dining pavilion, on the main pool deck, etc *subject to weather and availability*).
- Our chefs provide an assortment of international cuisine (from modern day Fusion combined with an eclectic mixture of unique local and fresh produce. Creole cuisine and BBQs are on offer. Simply prepared food with fresh island produce and seafood can be enjoyed). Enjoy fruit and vegetables unique to the region.
- Dessert & Ice cream lovers are in for a treat. Guests can enjoy a delectable range of 32 ice creams and sorbets.
- Picnic or have Sundowners at the beach, picnic site or on a boat cruise.
- Enjoy High tea with a new meaning to "High" on the Glacis Cerf.
- Tea lovers will be pleased to hear that Frégate Island is now serving the world's finest and most expensive tea.
- Visit our Wine & Olive Cellar (Salumeria). Wine tastings are offered with an accompaniment of cold meats, olives, olive oils, vinegars, flavoured oils and marinated vegetables. etc. (Fregate Island offers the largest Sake collection in the Seychelles).*
- Experience the art of Rum making at Frégate Island's rum distillery.
- Enjoy a game of Billiards or a cigar at the Yacht Club, Bar & terrace. (the Bar runs into the evening hours with light piped in Jazz Music, home spiced rum specialities, etc).
- Try some fishing off the harbour rocks or off one of our beaches.
- Experience the wonderment of turtles laying their eggs (Seasonal Sep – early April).
- Enjoy the wonderment of baby turtles hatching (Seasonal Nov – early April).
- Enjoy star gazing at the tropical night skies through a telescope.
- Our chapel with quaint bell tower provides a sanctuary for weddings, special services at Christmas and Easter and quiet reflection.
- Enjoy a game of Tennis.
- Modern electronic conveniences include: an IPOD docking station, Wireless and ADSL connections.
- The use of a laptop is provided free of charge at the Library.
- An assortment of CDs, DVDs and books can be found at the Library.

Or you could simply enjoy relaxing at your Villa in the Jacuzzi, Pool, Daybed or on the Sundeck.