



# ACTIVITIES





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# WELCOME



DEAR GUEST,  
WELCOME TO OUR SECLUDED PARADISE  
OASIS HERE AT FOUR SEASONS RESORT  
SEYCHELLES.

Comprising 115 granite and coral islets, the Seychelles are some of the world's most picturesque islands, lying between 4 and 10 degrees south of the equator. Our Resort, here on the largest island of Mahé, is home to the powder white sands of Petite Anse beach and faces a south-westerly direction, to offer you to a front row seat to spectacular Indian Ocean sunsets every evening.

From relaxing days on the beach to rejuvenation at our award-winning Spa, our Resort has endless leisure activities for you to choose from. Discover the ocean on a stand-up paddle board, awaken your muscles in a morning yoga class or find out how our WiseOceans Marine Educators are helping to restore the coral reef - right here in Petite Anse bay. Whatever you choose, our team are here to assist you throughout your stay, so that you may dedicate your time to enjoying each moment in Seychelles.

Read on for full details on our dining venues, leisure activities, destination insights and much more.

If I, or any of my team, can be of assistance, please do not hesitate to let us know. I wish you a wonderful stay with us!

Best wishes,

*Adrian Messerli*

General Manager







## FINDING YOUR WAY AROUND

Four Seasons Resort Seychelles is located on the southwest coast of Mahé, the granite-filled main island of the Seychelles, known for its white powder beaches and dramatic rock formations. Situated on a lush hillside, our Resort is the perfect setting that combines bliss with isolation. From exotic findings amongst the beautiful nature to exploring the bay while partaking in your favourite watersport, we hope our Resort map will help you discover even more experiences to enjoy as part of your stay.





# DINING

WITH TWO RESTAURANTS AND A POOLSIDE BAR, A LOUNGE, SPECIALTY THEME NIGHTS AND 24 HOUR IN VILLA DINING, FOUR SEASONS RESORT SEYCHELLES IS ABLE TO CATER TO YOUR EVERY CULINARY WISH. WHETHER YOU ARE LOOKING TO TRY SOMETHING NEW, TO SAMPLE THE LOCAL CUISINE OR HAVE SPECIAL DINING PREFERENCES FOR US TO NOTE, OUR TEAM WILL BE HAPPY TO TAILOR YOUR DINING EXPERIENCE TO SUIT YOUR NEEDS.



## ZEZ RESTAURANT AND LOUNGE

Boasting spectacular ocean and sunset views from the top of the hillside, ZEZ is a picturesque dining venue. Each morning, à la carte specials and a tempting breakfast buffet await, with continental favourites, a full American breakfast, plus daily specialities from around the world.

By evening, Zez Restaurant offers an à la carte menu that features contemporary European dishes, while just around the corner in ZEZ Lounge, a menu of Japanese delicacies awaits, with an array of freshly prepared sushi and sashimi.

### ZEZ Restaurant

- Breakfast 7:00 – 10:30am
- Dinner 7:00 – 10:30pm

### ZEZ Lounge

- Dinner 7:00 – 10:30pm  
(closed on Thursday)

Please note that ZEZ Restaurant operates an 'elegant casual' dress code for dinner, when we kindly ask that men wear closed shoes and a shirt and that guests refrain from wearing any beach or sportswear.

## KANNEL RESTAURANT AND BAR

Kannel is the Creole word for 'cinnamon' and is the Resort's beachside restaurant, open for lunch and dinner. Serving an international and Creole-influenced menu, this sheltered spot amongst the cinnamon trees offers a relaxed setting to enjoy lunch or dinner beside the Indian Ocean.

Kannel Bar is also found beside the beach, adjacent to the Resort's main swimming pool. Open daily for snacks and light meals as well as a full range of cocktails and speciality drinks.

### Kannel Restaurant

- Lunch 12:00 – 3:30pm
- Dinner 7:00 – 10:30pm

### Kannel Bar

- Open daily from 11:00am – 11:00pm

## IN VILLA DINING

A wide selection of food and beverage may be served to you in the comfort of your villa by our In Villa Dining team. Please see the In Villa Dining brochure in your room for the full menu.



# ENERGISING ACTIVITIES

WHEN WAS THE LAST TIME YOU DID SOMETHING FOR THE FIRST TIME?

DISCOVER A NEW SKILL DURING YOUR STAY WITH ANY ONE OF OUR ONSITE ACTIVITIES.

OR, IF YOU PREFER, SIMPLY INDULGE IN A FAVOURITE PASTIME. OUR RESORT ACTIVITIES INCLUDE:

## WALKING/JOGGING TRAIL

Take a walk or a jog around our 170 acre estate on some of the mapped out trails, or just explore Petite Anse at your leisure.

## NON-MOTORISED WATERSPORTS

Head to the beach to try your hand at something new on the water, including stand-up paddle boarding, kayaking or a leisurely peddle boat.

## MOTORISED WATER SPORTS

The only place on the island to try motorised water sports is in Beau Vallon, where you can experience jet skiing, paragliding and more.

## VOLLEYBALL

Get your team together for a friendly match of volleyball on Petite Anse beach.

## DIVING

The onsite dive centre team can be found on the beach and can take you to many nearby dive sites to explore the underwater world.

## CREOLE COOKING

A tasty demonstration showing you how some of your favourite Creole dishes are made.

## COCONUT PETANQUE

This classic game has been recreated, island style! Find our colourful coconut petanque on the beach.

## A POSTCARD FROM PARADISE

Discover the single best view of Petite Anse from high atop a granite plateau, where you'll sketch this picture-perfect

scene for your own postcard. Created exclusively by Four Seasons Resort Seychelles, your personalised art class begins with a light 15-minute hike through cinnamon and takamaka trees to a natural clearing selected by locally renowned artist Nigel Henri. Having grown up in the Seychelles, Henri is celebrated for his depictions of local scenes. With his expert eye, Henri will guide your gaze over azure waters, coral-lined coastlines and lush hillside foliage, and show you how to use the materials provided to sketch or paint your own impression of the dramatic landscape. Your work, finished by Nigel, if you so wish, will be scanned to create your own postcards and mailed to your home along with your original artwork for framing – a permanent reminder of your stay in one of the most beautiful places in the world!







## ROMANCE

THE COMBINATION OF ITS PERFECT PALM TREES, ENDLESS OCEAN VIEWS, DRAMATIC TERRAIN AND PRIVATE HIDEAWAYS MAKES SEYCHELLES ONE OF THE MOST ROMANTIC PLACES ON EARTH. TO HARNESS THE NATURAL ROMANCE OF OUR LOCATION, WE HAVE CREATED SOME UNIQUE EXPERIENCES SPECIFICALLY FOR COUPLES SO THAT YOU CAN SPEND QUALITY TIME WITH YOUR SOMEONE SPECIAL.

### BLISSFUL CONNECTION AT THE SPA

Focusing on the sacral, heart and crown chakras, this nurturing couple's ritual promotes connection to one another through deep relaxation. Lay side by side in a private couple's suite, rejuvenate with a full body massage and exfoliation, then unwind as your therapist conducts facial marma massage to open your energy fields, allowing you to harmonise the mind, body and spirit. Carefully chosen essential oils awaken your senses before you are left to enjoy a bath in the privacy of the spa suite, with a direct, yet secluded view out to the Indian Ocean.

### FEET IN THE SAND

Reserve the ultimate table for two with a private dinner together on the white sands of Petite Anse beach. Our team will lay the perfect table in front of the Indian Ocean and serve a special menu exclusive to you.

### RENEW YOUR LOVE

If the beauty of the Seychelles leaves you feeling inspired, why not seize the moment to celebrate together with an intimate Renewal of Vows Ceremony? Our onsite Weddings Coordinator can help you plan the perfect ceremony, tailor-made to the two of you.





## RELAX AT OUR HILLTOP SPA

STEP INTO THE HAVEN OF  
OUR HILLTOP SPA AND FEEL  
INSTANTLY RELAXED AS YOU  
LOOK OUT OVER THE BEAUTIFUL  
BAY OF PETITE ANSE.

Nestled high in the treetops, the Spa offers  
a range of massage therapies, facials and  
rituals, as well as a dynamic yoga schedule  
for a holistic approach to wellness.

A full menu of treatments can be found in  
the separate Spa brochure in your villa or  
at the Spa.







# MIND, BODY & SOUL

KEEP ACTIVE DURING YOUR STAY WITH OUR DAILY YOGA AND FITNESS CLASSES.

## MOUNTAIN MEDITATION

This extraordinary experience takes your meditation to new heights. Follow our Yogi as he guides you up to a secluded spot on the mountain to overlook the wonders of nature in Petite Anse, just before sunset. From here, allow your mind to empty as with deep, calming breaths, your Yogi guides you in a meditation class as you take in the awe-inspiring view to help you find a new sense of perspective.

## FITNESS CENTRE

The Resort's fitness centre can be found below the main Lobby and is open 24 hours a day, every day of the week. Containing a variety of cardio equipment, free weights and workout spaces, you can keep fit and continue your workout plans with views over Petite Anse to inspire you. For additional motivation, please contact our Spa team to organise personal training session.

## YOGA

Whether you are a seasoned practitioner or a complete newcomer, our resident Yogis will guide you through the journey that has become a way of life for so many. With a range of yoga and meditation styles to choose from, find a class to suit your level and add an additional sense of wellbeing to your time in Seychelles.

*Yoga classes include:*

*Spinal Care Yoga*  
*Hatha Yoga*  
*Power Yoga*  
*Vinyasa Yoga*  
*Yin Yoga*  
*Laughing Yoga*  
*Mat Pilates*  
*Yogic Relaxation*  
*Pranayama (Breathing Exercises)*  
*Private Yoga Sessions*

For full yoga class details, please see the programme in the Spa brochure in your villa or at the Spa.



# OCEAN PURSUITS WITH TROPICSURF

THE SEYCHELLES OFFER FABULOUS OPPORTUNITIES TO TRY YOUR HAND AT SURFING OR STAND-UP PADDLING. TO HELP YOU MAKE THE MOST OF ALL THAT THE DESTINATION HAS TO OFFER, FOUR SEASONS RESORT SEYCHELLES HAS PARTNERED WITH AUSTRALIA'S TROPICSURF, SPECIALISTS IN LUXURY SURFING, SURF INSTRUCTION AND STAND-UP PADDLE BOARDING.

## SURFING

With an expert TropicSurf instructor guiding your every move, anybody can experience the thrill of gliding across the water. Beginners can master the basics in the Resort, before moving on to bigger waves at beaches close by, further along the coast. More advanced surfers may enjoy guided excursions to nearby beaches (pending weather conditions).

## STAND-UP PADDLE

Explore the calm waters of our sheltered, horseshoe-shaped bay with an invigorating stand-up paddle tour. Hire a board and receive a simple lesson before heading out – a great workout for arms and core muscles, while taking in a new, spectacular angle of the Resort.





# MARINE EDUCATION WITH WISEOCEANS

DISCOVER MORE ABOUT THE UNDERWATER WORLD WHILST IN SEYCHELLES WITH THE HELP OF WISEOCEANS. FOUND AT THE BEACHFRONT CORAL CABANA, OUR RESIDENT TEAM OF MARINE EDUCATORS ARE HERE TO ANSWER ALL OF YOUR QUESTIONS ABOUT THE FISH AND CORAL OF PETITE ANSE AND TO GUIDE YOU THROUGH THE WATERS OF OUR BEAUTIFUL BAY.

There are various snorkelling options for you to choose from, whether it's a snorkel lesson for a beginner, a leisurely snorkel tour or a scientific survey snorkel for those hoping to contribute to coral reef conservation in Seychelles. All snorkelling excursions are conducted on a private basis in exchange for a small donation which contributes directly to the work of WiseOceans and our marine conservation efforts here at Four Seasons Resort Seychelles.

## REEF RESTORATION PROJECT

In 1998 areas of coral in Seychelles were damaged (bleached) and died when the temperature of the sea climbed too high for too long. For the next 18 years the reefs were in recovery while facing ongoing threats, including outbreaks of crown-of-thorns sea stars and lesser bleaching events. Then in 2016 another mass coral bleaching event swept the globe and extreme sea temperatures again caused extensive damage to reefs all over the world. Our precious reef is again working hard to recover. With our conservation partner, WiseOceans, we are giving the reef a helping hand in an effort to restore it to its former health.

The Petite Anse Reef Restoration project aims to restore 10,000 square metres of degraded limestone reef through the transplantation of 16,000 coral fragments - this ongoing work can be seen during a private snorkel with WiseOceans in Petite Anse bay. As part of this initiative, we hope to increase knowledge and awareness of coral reefs and the threats they face.

Ask the WiseOceans team for more information about coral reefs, the project and how you can be involved in making a difference today!







## FAMILY TIME

PETITE ANSE HAS SO MUCH TO OFFER, FOR ALL AGES AND INTERESTS! PARENTS CAN REST ASSURED THAT THE LITTLE ONES WILL BE WELL TAKEN CARE OF AND KEPT OCCUPIED BY THE VARIETY OF FUN AND ENGAGING ACTIVITIES ON OFFER AT THE RESORT.

### KIDS FOR ALL SEASONS

Open daily from 9am until 9pm and with a full programme of activities, the 'Pti Torti' Kids' Club by the beach is the place to be for kids aged between 4 and 12 years.

### BABYSITTING

For an evening without the children, or for someone to lend a helping hand throughout your stay, babysitting services are available (for an additional fee), with all team members having completed a specialised children's first aid course. Please note that 24 hours' notice is requested for babysitting services.

### JUNIOR SPA

It's never too early to learn the basics of good skincare or the health benefits of relaxation. Our teen spa treatments use natural ingredients and a gentle approach to help develop an early understanding of holistic healing and wellbeing.



# DISCOVER SEYCHELLES

THERE'S AN ABUNDANCE  
OF THINGS TO SEE AND  
DO IN SEYCHELLES.  
WHETHER YOU'RE A  
NATURE LOVER, AN  
ADVENTURER OR  
SIMPLY WISH TO RELAX.



The islands are home to not just one, but two UNESCO World Heritage Sites; the world's largest nut – the Coco de Mer at Valée de Mai on Praslin island, and the island of Aldabra, which is home to the world's biggest population of giant tortoises.

The largest island in the country is Mahé, which measures just 28km by 8km and has a population of approximately 72,000 people – almost 90% of the total population. Many rare, endemic plants are found only in Seychelles, including the Jellyfish Tree, the carnivorous Seychelles Pitcher Plant, as well as the famous Coco de Mer. To discover more about the islands' rich nature, take a day trip to the nearby island of Praslin to visit Valée de Mai, where you can enjoy a tour of the forest from a local nature guide.

However you choose to spend your time in Seychelles, our Concierge team are on hand to help you plan the perfect itinerary and are equipped with helpful advice to ensure you make the most of your visit to the Seychelles.





# DISCOVER SEYCHELLES



## ISLAND EXCURSIONS INCLUDE:

### BOTANICAL GARDEN

Visit this natural haven full of some of the most diverse flora and fauna found on this beautiful island.

### HELICOPTER TOUR

To truly appreciate the mesmerizing landscape of Seychelles, take to the skies for a private helicopter tour.

### ISLAND HOPPING

Seychelles is made up of many islands, so why not take the time to visit some of them with a day trip to Praslin and La Digue?

### SOUTH OF MAHÉ TOUR

The south of the island holds its own mystique and with this excursion you can discover what makes it so special.

### NATURE WALK

Explore Mahé with a guide who can point out some of the island's finest natural elements. Or, discover more about the beauty of our Resort in our Eco Guide:



### BOAT TRIPS

Cruise along the ocean or visit a neighbouring island, whatever your preferred itinerary, our team will be glad to help you make arrangements for a day of fun on the water.

### ART GALLERY VISIT

The south of Mahé is often said to be the nation's art capital. Take the time to visit some of the galleries nearby.

### TOUR OF VICTORIA (INCLUDING THE MARKET)

A driver can escort you to Victoria and show you around some of the highlight's of the world's smallest capital city.

### TEA PLANTATION VISIT

Include a visit to the tea plantation on your island excursion to see how the local Seychelles tea is grown and prepared.

### MISSION LODGE

Visit one of the most famous view points in Seychelles where Queen Elizabeth II once sat for tea, hidden in the mountain tops offering spectacular views southwards across Mahé.





# NEED TO KNOW INFORMATION

## FOR YOUR SAFETY

The ocean is a beautiful and diverse creature, but it should not be underestimated. To ensure you enjoy it to its fullest potential, please respect the safety guidelines.

Before entering the ocean, take time to observe the marine flags on the beach – the colour of the flag indicates the conditions of the water that day, to inform you of how strong the currents might be, or of any hazardous conditions. If in doubt, ask a member of our Recreation Team who will be happy to assist you.

For your safety, do not enter the water immediately after consumption of alcohol or if you are tired or unwell.

## SUN EXPOSURE

Due to the equatorial position of the Seychelles, the island enjoys long hours of tropical sunshine, with the sun being at its strongest between 10am and 4pm. It is important to protect your skin from the strength of the sun's rays and it is advisable to wear sun screen, even during cloudy weather. Please note that children's skin is more sensitive to the sun's rays. Ensure children have time out of the sun and that protective clothing, accessories and sun screen are used.

Remember to keep hydrated by drinking plenty of water throughout the day.

## SAFETY DEPOSIT BOX

For your own peace of mind, we strongly recommend that you place your money and valuables in the safety deposit box available in your room. Should you have an item of higher value, our Reception team would be happy to store this for you at our Front Desk safety deposit boxes, which are monitored 24 hours a day by staff. Please note that the hotel will only be responsible for the loss of personal items that are stored in the safety deposit boxes at our Reception area.

Here at the Resort, we provide 24 hour roaming security for your safety, as well as access to first aid facilities, with a nurse on staff and access to an on call doctor.

## MOBILE APP

Now you can carry your own personal concierge service with you at all times, in the form of the Four Seasons Mobile App.

Check in and out, order in villa dining, request housekeeping services and ensure you have everything at your fingertips by downloading the Four Seasons Mobile App to your mobile device.



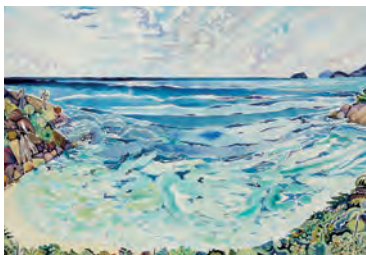




ALYSSA ADAMS



TRISTAN ADAMS



TRISTAN ADAMS

## ALYSSA ADAMS

Alyssa was born in the Seychelles and was educated in the United Kingdom, studying fine art at Chelsea College of Art and Design. In her own words, Alyssa loves to 'transpose the music from the jungle' into her paintings, which is why her art comprises the flair and colour of the nature surrounding her in her home of Seychelles.

Her studio is located within the Michael Adams Gallery shared by her Father, Michael Adams and brother, Tristan Adams. You can visit their gallery, which is located close to the Resort, between wetlands and a little river, making it the ideal setting for growing the bamboo featured in so many of her paintings.

### Michael Adams Art Gallery

Anse Aux Poules Bleues

Phone: +248 4361006

Mobile: +248 2523153

E-mail: [adams@seychelles.net](mailto:adams@seychelles.net)

*Open*

*10 – 4pm Monday to Friday*

*10 – 12pm on Saturdays*

*Closed on Sundays*





*русский*



*Français*



中文



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