



OUTSIDE BIKE TOUR

Explore our outside view of the hotel seeing the villagers and different type of houses. You can visit a plantation of papaya, tomato, pumpkin, banana on a nearby by farm. Passing by an orphanage and we can discover the beautiful view of our hotel from up the cap Ternay Hills.

Tuesdays: 10h45 and **Thursdays:** 12h00
Scr 200



TENNIS & SQUASH COURT FACILITIES

Squash and tennis are included facilities for you to play on your own. Pack up your sport clothes and shoes then we will provide you with the racquets and used balls. Tennis lessons are also available.

Courts: Free of Charge

Tennis Lessons: Scr 1,500 per hour



Make the most of your vacation at the fitness centre. We offer a host free and chargeable activities something for most level and taste. All activities must be organized at 24-hours in advance. Meeting Point in Fitness Centre.



MANGROVE KAYAK TOUR

Explore the ecological mangrove Reserve in Ephelia, explore even more closely the tropical forest as your guide points out Fascinating plants and wildlife. Our ride allows you to get up close and personal with the local wildlife, paddle in and out of the mangrove wildlife. Mangrove kayak tour is done during high tide.

Scr 200 *Schedule depending when its high tide
(between 09h00 until 15h00 only)



MORE ADVENTURE in the RESORT

Rock Climbing : A beautiful 18 meter high natural granite rock face, everyone can experience the exhilaration of this sport in a safe and comfortable environment.

Zip Lines: 8 x Zips from 85 m to approx 120 meters with breathtaking views of the Bay and rides through the canopy of the beautiful forest that covers the hillside of Constance Ephelia.

Rock Climbing: Scr 700 **Zip Line:** Scr 845



VISIT IN THE CITY

Join us on one of our drop off in town you will have time to visit the fish, fruit, vegetable and spices market. In the centre you will notice our famous clock tower over 100 years this year. A landmark dating back to the colonial era. It was erected in the memory of Queen Victoria. (Minimum of 4 persons)

Mondays until Saturdays (excluding Public Holidays)
Scr 300



NATURE TRAIL

Although the beaches are stunningly white and sandy, the middle of the islands are mountainous. There are some amazing hikes trails to be found in the rocky middles of these islands, talk with our guide and they will guide you to the famous trails outside the hotel.

**Price depending in the length of the trail chosen.*



ACTIVITIES INCLUDED

- Body Pump • Body Fitness • Spinning for Beginners • Aqua Aerobics • Circuit Workout
- Abdominal Workout • Cardio Workout • Stretching • Beach Body Workout • Lap Pool
- Power Legs & Gluts • Tortoise Feeding & Interaction • Mangrove Sustainability Walk & Talk



AROUND THE CITY

Walk through the history museum, take pictures of all the monuments, Finding the perfect souvenir to take back home is a treasure hunt in itself, you really need to hunt around to find the perfect gift to keep as a momento of your unforgettable holiday in Seychelles (Minimum of 4 persons)

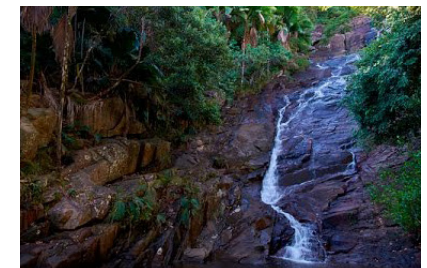
Mondays until Saturdays (excluding Public Holidays)
Scr 300



SAUZIER WATERFALL

After 25 minutes walk from the hotel you can discover our a curtain of white water came over the grey rocks as if it were being poured from a giant bucket that never empties, form a pool of cold water about 2 meter deep you can swim as if you in the garden of Eden.

Wednesdays: 10h45 and **Sundays:** 12h00
Scr 200



Meet our Fitness Team and discover who you will contact for your activities preference.

TEAM SPIRIT



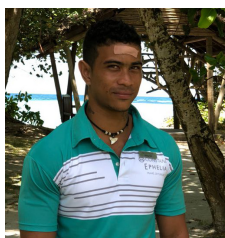
VINCENT VOLCERE

- Private Kick Boxing
- Private Boxing
- Private Body Combat
- Private Gym Class
- Gym Workout Partner
- Group Zumba Class



STEPHEN FIGAREAU

- Spinning Bike
- Aqua Aerobics
- Mangrove Walk & Talk
- Stretching Workout
- Giant Chess Game
- Squash Game



WAYNE CAMILLE

- Power Leg Workout
- Body Fitness
- Cardio Workout
- Body Pump
- Football Game



ASHLEY BACCUS

- Bike Ride
- Ephelia Trail Hike
- Outdoor Circuit
- Walk to Waterfall
- Jogging Partner



MARTINA LUTHER

- Mangrove Kayak Guide
- Abdominal Workout
- Tortoise Feeding
- Volleyball Game
- Pentaque
- Badminton Game



KAMAL BELKFFER

- Tennis Coach

CONSTANCE
EPHELIA
MAHÉ, SEYCHELLES

ACTIVITY SPIRIT

