

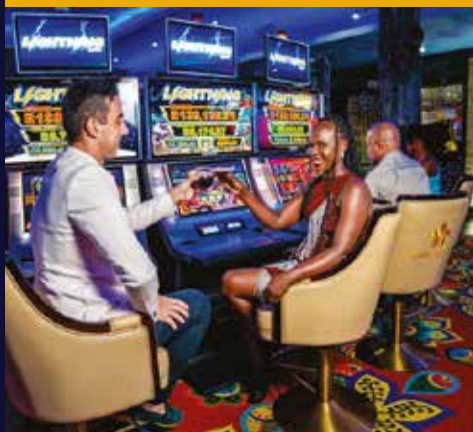
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Inflight Magazine for Air Seychelles • July - September 2023



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Dear Guests, Welcome aboard!

In April this year, we announced a new service to Colombo, Sri Lanka. This news was met with great interest and enthusiasm, as we had come to realise, it was a much requested and much needed route. Much requested, because Sri Lanka's position on the world map greatly facilitates connections to other South East Asia destinations, (more on that later on) and much needed because of the country's renowned medical centres and hospitals, which our nationals travel a lot for. The inaugural flight to Colombo on the evening of 20 June 2023 was a proud moment for all of us.

I am extremely proud that my team was able to make this happen, not only for the airline's growth but also, for our people. To expand on my earlier reference, this service also offers our passengers the opportunity to connect to over 20 destinations with the purchase of one single ticket through an agreement signed with Sri Lankan Airlines. This paves a way for our local holiday goers with shopping trips to Singapore, Bangkok or Kuala Lumpur and also offers the Seychellois community in Australia a shorter journey home to visit family and friends. I invite you to visit our website to check out the possibilities and schedules.

We also recently partnered with our local brewery, Seychelles Breweries in our quest to offer local products available on the market while you fly with us. In March, we introduced the very popular Seybrew beer in 300 ml cans on all our flights. Prior to this, it was only available in glass bottles in our Business Class Cabin. As the national airline, such collaborations with local businesses are important to us and adds to the creole experience onboard.

On this note, I wish you a pleasant flight. Our award winning cabin crew are celebrated for offering the best of Seychellois hospitality and I am certain they will take good care of you.

Thank you for flying with Air Seychelles, where we proudly fly the Creole Spirit.



Captain Sandy Benoiton
Acting Chief Executive Officer

“
From Seychelles
to Colombo
and beyond
”

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Kandy

Picture yourself walking through the vibrant streets of Sri Lanka's cultural capital, tasting mouth-watering and authentic Kandyan cuisine, shopping for souvenirs and gathering new knowledge on its fascinating history as you go.

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Cover image
Aerial view of La Digue island's Grand Anse beach, Seychelles.
Image © Adobe stock

silhouette

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International Conference on Environment and Life Science (EUCELS)

Date: 4-5 July 2023

Venue: Victoria

The conference provides a forum for professionals involved in environment and life science to share knowledge and gain an understanding of the state-of-the-art in current technology, techniques, and solutions in environment and life science as they have been developed and applied in various countries. Participants comprise a diverse range of stakeholders from research and academia to industrial sectors and government agencies.

World Congress on Industrial Biotechnology

Date: 18-19 August 2023

Venue: Anse Boileau

The conference provides a platform for professionals involved in industrial biotechnology to exchange information and gain an understanding of the state of the art in current technology, techniques, and solutions in industrial biotechnology as they have been developed and applied in various countries. Participants comprise a diverse range of stakeholders from research and academia to industrial sectors and government agencies.

World Conference on Soil, Water, Energy and Air (EUWCSWEA)

Date: 4-5 September 2023

Venue: Victoria

The conference provides a forum for professionals involved in soil, water, energy, and air to exchange knowledge and gain an understanding of current technology, techniques, and solutions in soil, water, energy, and air as they have been developed and applied in various countries. Participants comprise a diverse range of stakeholders from research and academia to industrial sectors and government organisations.



Feast of the Assumption of Mary

Date: 15 August 2023

Venue: La Digue

The Feast of the Assumption of the Blessed Virgin Mary is dedicated to La Digue Church and is very popular with Seychelles from all the islands who flock to La Digue Island. In the weeks leading up to the event, houses are spruced up, altars decorated and statues repainted before being transported to the island's church in a procession of 15 days.

During the festival you can also attend various sporting events, cultural activities and parties on the beaches of La Digue.



Yellowfin Tuna Cup

Date: 23 September 2023

Venue: Mahé

www.ssfc.sc

Anglers head out all day to capture the largest Yellowfin Tuna on the Mahé Plateau. The tournament starts at 3 a.m and finishes at 5 p.m with a weigh-in event.

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Mauritius Marathon

Date: 6 July 2023

www.mauritiusmarathon.com

The Mauritius Marathon is very much a coastal race, but also includes inland sections which allow runners to appreciate the varied scenery of the island.

Race starts and ends at Saint Felix Beach. From there, runners head north along the stunning west coastline to the half marathon start line. There they turn south and then east, enjoying spectacular views such as Mount Le Morne and the many lagoons to the south, before heading back to Saint Felix public beach.



International Mango Festival

Date: 9 - 10 July 2023

Venue: Dilli Haat Market, New Delhi

Celebrated since 1987, the International Mango Festival is held in Delhi at the beginning of the summer season each year with the main aim of promoting the sale of mangoes outside the Indian territory. At least 500 varieties of mangoes are available for tasting and purchase, from fresh to chutneys and other processed products. A mango eating contest is also held.

Pet Expo 2023 - Africa's Biggest Pet Event

Date: 14 - 16 July 2023

Venue: Montecasino

www.petx.co.za

Pet Expo is a wonderful opportunity to spoil both your furry and human families with a vast array of pet-related stands, KUSA approved dog and cat shows, and various entertainment and food vendors. For dog lovers, there are purebred hound shows, knowledgeable breeders, and experts to answer questions about health and behaviour. Additionally, agility dogs will amaze you with their skills, and you can shop for your own hounds. Cat enthusiasts can enjoy all-breeds cat shows, ask questions of feline experts, and indulge in plenty of shopping. Finally, for those who own or are interested in reptiles as pets, there will be a dedicated team of experts available to answer all your questions. With so much to see and do, Pet Expo 2023 is the perfect event for pet owners and pet lovers alike.



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The Jerusalem Beer Festival

Date: July 2023

Venue: Gan Haatzmaut (Independence Park), Jerusalem

This year marks the 18th anniversary of the event, which will take place in Independence Park. You are invited to attend the oldest and most important event of its type in Israel. The Jerusalem Beer Festival has established itself as an emblem of the capital's leisure culture and an important feature of the city's summer festivities. Every year, thousands of people look forward to it. You will be treated to performances by the top artists.

The annual and magnificent festival has gained international recognition and has become a symbol of the local entertainment culture, bringing together visitors, tourists, and locals to enjoy an incredible variety of fine and chilled beers, great food, and awesome people, all gathered under the fresh air and clear sky. Come taste unimaginable brews, dance to the sounds of upbeat music, and enjoy various forms of entertainment.

India Independence Day

Date: 15 August 2023

Venue: Red Fort, Delhi

Independence Day in India is celebrated with undaunting pride and carries a sense of glory since 1947. The Independence Day of India is also marked as the anniversary date for the partitioning of the sub-continent.

India celebrates this day with great excitement and love for the country. Streets are adorned with tricolour flags and bunting. On the eve of Independence Day, the President of India will address the nation.

The celebration commences with the arrival of the Prime Minister at the Red Fort. After accepting the Guard of Honour, he walks to the podium to address the nation. Synchronised with 21 honorary gun salutes, the Prime Minister hoists the National Flag, followed by a moving rendition of the National Anthem.

This day is celebrated as the National Festival of India.



Kandy Esala Poya Perahera

Date: 21-23 August 2023

Venue: Kandy

Kandy Esala Perahera, popularly known as the Festival Tooth, is a celebration held throughout Sri Lanka. More than simply Buddhists commemorate it, since the joyous performances bring people together. The holiday celebrations last for 10 days in either July or August. The celebration takes place in Esala, which is thought to be the month in which Buddha gave his first teaching after attaining enlightenment.

The Kandy Perahera begins with the Kap Situveema, also known as the Kappa, during which a blessed young Jackfruit tree is rooted and re-planted. Each of the four Devalas has a shrine devoted to the four guardian gods, Natha, Vishnu, Kataragama, and the goddess Pattini. Several processions are engaged in this festival.



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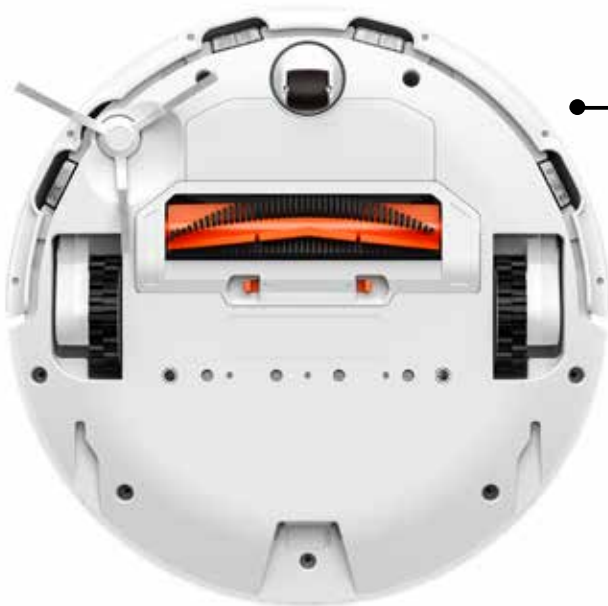
Innovative new gadgets

New gadgets and technology are continually being introduced to the market, all with the promise of making our lives easier, more enjoyable, or just less stressful. Manufacturers are increasingly leveraging cutting-edge technology trends to produce smarter and more easily integrated gadgets into our life.

Xiaomi Air Purifiers for Home

This air purifier is proven to effectively remove allergens, pet hair, dust, smoke, and more. Thanks to its integrated electrostatic and activated carbon filters, this home air purifier removes at least 99.97% of all allergens and cleans small rooms in just 12 minutes. Thanks to the adjustable speed, you can clean the air as much as you like and see the air quality index in the app. You can dim or turn off the screen to improve sleep quality. The air purifier connects to WiFi, Alexa and Google Assistant in seconds. Fan speed can be controlled remotely.

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Xiaomi Mi Robot Vacuum

Mi Robot Vacuum is a highly intelligent home vacuum cleaner. The brushless motor always provides strong suction power to remove dirt and debris quickly and effectively. From small dust and hair to large crumbs and dirt, the Mi Robot Vacuum-Mop 2 cleans everything in an instant. A new and improved pressure wipe module provides more efficient cleaning, removing water stains, dust, and more. The robot can clean in two different modes, edge and zigzag cleaning modes. This well-planned path allows the device to traverse obstacles thoroughly and efficiently. A wall sensor allows the robot to keep 10mm away from the wall, allowing the side brushes to effectively clean the edges. As soon as your device reaches 80% of its battery life, it will automatically start working on unfinished areas. The main hover brush automatically adjusts in height to adhere to the floor and pick up dirt on uneven surfaces. **USD 399.99**

HP Chromebook

A 360-degree geared hinge makes this convertible 2-in-1 HP Chromebook x360 as flexible as your day. It's designed to be fast in every way while keeping you safe online, so you can spend less time worrying about what you're clicking and more time enjoying your entertainment on a beautiful screen. Store this notebook in a traditional notebook configuration to type documents or rotate and lay flat on a table for drawing or playing games. **USD 355.00**





SonicBrush Pro

The SonicBrush is marketed as the world's first fully automatic toothbrush. This means you don't even have to move it around your mouth to clean it perfectly. Because it brushes all the teeth in the mouth at the same time, the manufacturer claims he can reduce the time it takes to brush his teeth from two minutes to just 45 seconds. SonicBrush cleaning technology completely removes all types of dirt in less than a minute. It is a personal robot dentist that covers and brushes teeth and gums. When paired with a whitening gel, it incorporates a 15-minute whitening mode that uses blue light technology to whiten your teeth. **USD 45.95**



GE Profile Smart Mixer

A high-tech kitchen gadget, the GE Smart Mixer automatically measures the correct amount of ingredients thanks to its built-in scale and guides users through recipes with step-by-step instructions. Sensors detect the texture and consistency of mixtures, allowing the device to make real-time suggestions while preparing snacks and meals. It also integrates with Google and Amazon Echo devices so it can be fully voice controlled. **USD 999.00**

Airxom mask

This is the 'smart mask' that was first unveiled several years ago during an onslaught of technology-driven innovation aimed at solving the problems caused by the global COVID-19 pandemic. After several iterations, Airxom masks are now being claimed to protect against viruses, bacteria and air pollutants thanks to their polyethylene terephthalate filters. This filter deactivates particles by contact with the antiseptic and antibiotic copper and traps them in the textile fabric while inactivating them. Ultraviolet rays projected onto the photocatalytic silver surface. This process neutralizes threats from organic and inorganic contaminants that pass through the mask. **USD 510.00**



Timekettle Translation Earbuds

Timekettle has created what they claim to be the world's most powerful and sophisticated AI-powered real-time translation earphones. Available in different models for professional, casual, and travel users, the WT2, M3, and WT2 Plus earphones enable translation in a variety of situations, such as business meetings, short conversations while travelling, and phone calls. This means you can speak naturally and the earbuds translate as you speak. High-end models allow up to six people to speak simultaneously in 40 different languages, from Arabic to Vietnamese. **USD 149.99**

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Suprising Seychelles

WORDS: GLYNN BURRIDGE



The name 'Seychelles' is famous the world over for its suggestion of legendary beauty, rolling from verdant peaks, through primeval forests, down to powder-soft beaches framed by timeless granite boulders, where the only footprints you'll find will be your own.

Since time immemorial, Seychelles has charmed successive generations of sailors with its rugged beauty, enticing them with easy sailing distances between the islands; luring them to safe moorings and to the privacy of its myriad hidden coves and secret beaches. Wondrously little has changed for today's sailors who may still enjoy the ultimate freedom of discovering the isles at their own whim and pace aboard any one of the state-of-the-art vessels available for hire.

As far as their earliest history goes, Arabic travelogues bear witness to their sailors' knowledge of the islands while the Phoenicians of old, as well as the Polynesians en route to Madagascar and the famous Chinese Treasure fleet of 1,421, may well have called on the islands.

Portuguese navigator Juan de Nova made the first recorded landfall in the Seychelles in 1501. On early Portuguese maps, Seychelles appeared as the *Sete Irmãs* or Seven Sisters but would have to wait until 1609 for the first landing of a squadron from the English East India Company.

Following a succession of French expeditions, a settlement was finally established in 1770 and the islands remained in French hands until the defeat of Napoleon at Waterloo, evolving from these humble beginnings to attain a population of 3,500 by the time Seychelles was ceded to Britain under the treaty of Paris in 1814.

Under the British, Seychelles slumbered for the next 161 years as a backwater colony achieving a population of some 7,000 by the year 1825. Seychelles achieved independence from Britain in 1976 to become a republic within the Commonwealth.

This unique archipelago's 155 islands, set like precious stones upon 1.4 million square kilometres of azure Ocean, are located between 4 and 10 degrees south of the equator. Of these islands, the Inner Islands comprising 41 granitic islands and two coralline isles are situated on the Seychelles plateau. Mahé, the principal island, home to the international airport and also to the tiny capital, Victoria, together with their close neighbours, Praslin and La Digue form the economic and cultural hub of the nation and contain the lion's share of its tourism establishments, retail outlets and service providers.

The remoter Outer Islands are divided into five groups, set like glittering jewels in an arc that seems to reach out for the east coast of Africa, 1,600 kilometres distant, without quite getting there. Among these unique isles, many of which remain virtually untouched by man, are to be found a stunning collection of reef islands, sand cays and majestic atolls, cocooned since the dawn of time from the predations of man and which, faithful to their primordial origins, still harbour unique life-forms. One such atoll, Aldabra, the largest raised coral atoll on earth, is so exceptional that it has been declared a UNESCO World Heritage Site.

Arguably, one of Seychelles' greatest assets is the exotic assortment of its multitude of islands and the variety they offer to visitors wishing to take in a selection of islands during the course of their stay. Each island possesses its individual topography and character extending from granite boulders to coral reefs, from untouched forests and bird sanctuaries to private resorts and hideaways and, in this respect, never has the visitor been more spoiled for the sheer choice of unspoiled island venues where to pass the vacation of a lifetime.

The Seychelles Islands enjoy a glorious tropical climate all year round and, with all but its remotest, uninhabited islands lying well outside the cyclone belt, there are no extremes of weather. In this balmy, tropical heaven the temperature seldom drops below 24 degrees, or rises above 32 degrees centigrade, giving rise to the epithet *land of perpetual summer*.

Against a backdrop of sublime natural beauty, safety and tranquillity, the Seychelles Islands also offer an amazing degree of diversity and the possibility of enjoying a wide range of island experiences and tropical adventures.

Between 15 minutes and one hour's flying time from the principal island of Mahé, several select island getaways offer accommodation in stylish, international, 5-star resorts or the homely comforts of rustic, beachfront lodges.

The growing number of elegant hotels, comfortable apartments, luxurious resorts and authentic guesthouses can cater to whatever your taste or budget. With modern infrastructure, amenities and great entertainment whether you are a solo traveller, a couple, or a family, the Seychelles islands welcome and indulge every traveller's passion.

Seychelles is one of the world's most stunning travel destinations within reach of more and more holidaymakers. It is not easy to single out the best as signature properties of new and refurbished, self-catering, Creole guesthouses are joining the ranks of existing 5-star hotels and exclusive charming retreats to offer memorable stays among welcoming local people and stunning natural surroundings. The rapidly changing face of Seychelles' accommodation scene has something for everyone and every budget.

Finally, there is a place where you can still tread in the footsteps of the ancient mariners as they first beheld, open-mouthed, the breath-taking exquisiteness of these island jewels. A place to experience the same wonder as the first explorers as they wandered among the granite-studded hillsides to find precious timber, a flora and fauna bewildering in its richness and diversity and a sense of tranquillity and calm to rival that of Heaven itself.

Refreshingly, the Seychelles islands today remain a sanctuary, not only for some of the rarest life forms on earth, but also for modern travellers grown weary of the ordinary and the mundane in their holiday experiences elsewhere. Among these secluded isles, await the experiences of a lifetime amid the reassuring harmony and welcoming friendliness of a multi-ethnic, Seychellois society that still lives life close to its roots and with a unique, Seychelles-slow, island vibe.

In the Seychelles, tourism and biodiversity are already natural partners, with each one in need of the other. Seychelles' immaculate environment is the reason it is considered one of the best destinations around the world which has proudly mandated one-third of its ocean to be a marine protected area.

Today, the islands suitably form a part of the Western Indian Ocean Biodiversity Hotspot. Seychelles boasts two UNESCO World Heritage Sites, one of which is the extraordinary prehistoric valley known as the Vallée de Mai, which cultivates the coconut the *coco-de-mer*, the suggestively shaped, heaviest nut in the world and the best souvenir of the Seychelles you could possibly take home. With tales told as tall as its endangered palm, the famous *coco-de-mer* is truly the pride of Seychelles with great lengths being taken regarding its conservation from nut poachers. The magnificent Aldabra, the world's largest raised coral atoll with its population of some 150,000 giant land tortoises and many other treasures besides, is UNESCO'S second World Heritage Site.

There are many non-governmental organisations (NGOs) and other conservation bodies registered as associations working very hard in Seychelles' conservation sectors, helping to integrate sustainability practices to help safeguard the biodiversity and culture of Seychelles, using collaborative approaches between public, private sector, academia and NGOs.

Lush, dramatic landscapes, unspoiled nature, powder-soft white sand and crystal-clear turquoise water is what Seychelles is; wild, rustic and



unapologetically raw in its natural charm. Furthermore, over 50% of Seychelles' limited landmass has been set aside as Natural Parks and Marine Reserves, where to discover the many secrets of the natural world.

With coastal mangrove forests, splendid parks, nature reserves and a reincarnated Eden that is home to more than 50 endemic plants and trees, including the rare coco-de-mer palm, the Seychelles islands offer so much to explore. The many nature sanctuaries with their tropical forest surrounds exhibit the richness and wealth of the islands which also provide once-in-a-lifetime activities to experience such as zip-lining.

Seychelles is also proudly host to some of the most amazing nature walks and trails in the Indian Ocean, with some islands walkable in just over an hour and others in much less and where it is easy to discover the exceptional biodiversity, castaway beaches and unspoiled marine national parks.

Hikes remain one of the most fun, spectacular and affordable ways to enjoy Seychelles' unique environment that is home to an amazing diversity of flora and fauna featuring some of the rarest species on the planet.

Not to be missed is the beautifully kept Botanical Gardens, a spot you could spend a couple of hours exploring endemic plants and trees of the Seychelles, including the coco-de-mer. For a more in-depth discovery of the coco-de-mer and other indigenous palms and plants, you could visit the Vallée de Mai, a great place for cool family walks under almost complete canopy coverage from the sun and rain. The paths are well maintained, making it a rainforest experience even the youngest of family members can enjoy.

When it comes to our beaches, every island has its signature shores, ranging from the liveliest to most secluded, romantic coves protected from prevailing winds. Some stretch long, deserted and bordered with



wild coconut trees while others are picture-perfect, small half-moon strands with massive smooth boulders and navy-blue lagoons.

Particularly, the spectacular famous Beau Vallon beach is home to a number of water-sports which makes for a perfect activity-packed day by the sea; a wonderful way to enjoy the ocean and explore the hidden nooks and crannies of the coastline. Early mornings and evenings are the best times to avoid the heat of the day as many beaches here get natural shade from foliage at this time of the day. The sea is calm most of the year making it great to swim or splash around in shallow tides otherwise more exciting water-sports are on offer as most hotels offer the option to renting out paddle boards, kayaks or canoes. This is a great way to explore and exercise out on the water so if you have one, take a waterproof camera and your mask and see what marine life you can spot along the way.

In an island archipelago of 155 islands, endowed with so many beaches, you will never miss the chance to find your idea of the perfect beach.

The islands make the most of their favourable geographical location, the 12 hours of sunlight they receive and their proximity to the natural rhythms of nature to offer authentic signature spa treatments as Seychelles is home to some of the most world-renowned spas and will always remain a destination with special, natural powers to relax and rejuvenate mind, body and soul.

When it comes to finding things to do on your holiday, Seychelles is one place where you can choose to do as much, or as little as your heart desires. Island-hopping is one of the most popular activities of Seychelles and not many people realise that private boats can be hired to create the perfect, tailor-made, getaway experience.

As a haven for world-class activities Seychelles is exclusively a playground for lovers of the ocean but also a treasure trove for every sailor, diver, free-diver, snorkeller and fisherman. Sailing within the Inner Islands is safe, making for the best possible way of enjoying the many natural wonders of Seychelles; a memorable yacht cruising vacation. So, whether you wish to take the opportunity to rent a yacht on your own or sail your very own boat, taking to the ocean for several days and fishing for your own meals with or without the option of a guide or crew, is an opportunity that should not be missed. The most beautiful bays, the best diving and snorkeling spots, reefs and other highlights will leave you with plenty of tales to tell, long after leaving our island archipelago.

And last but not least, there are precious few places in the world that allow you to play golf in such sublime natural surrounds as in the Seychelles Islands, home to impressive state-of-the-art golf courses. Surrounded by stunning mountainside and ocean vistas, golf becomes a near-surreal experience as you perfect your swing into a world of cobalt skies, swaying coconut palms and shimmering sapphire waters.

Do not forget to do what every tourist does, shop! Take the time to 'walk the town'. Victoria is one of the world's tiniest capitals, full of enchanting knooks, crannies and other spots to pick up authentic souvenirs as well as absorb some Seychelles culture and history via its architecture, museums, churches, temples, cafés and restaurants. The islands are also dotted with artist's galleries where to find a range of keepsakes in the form of paintings, sculptures, items of island-style clothing and books that are sure to keep you dreaming of the islands long after you have left.

Seychelles' enjoys a well-deserved reputation as *the islands of love* and generations lovers have been inspired to take their vows and wed in the gentle and romantic atmosphere of the islands. The unique aura of the islands where romance is always in the air, creates the idyllic ambience for an unforgettable wedding day, honeymoon or impromptu romantic break, beneath swaying palms and the powder sands of discreet island hideaways.

The islands are also an ideal venue for small conferences and select company incentives, representing a powerful partnership of business and pleasure where a suite of modern amenities, excellent communications infrastructure and reliable air links to Europe, Africa and Asia, provides environmentally-friendly corporations with great investment opportunities.

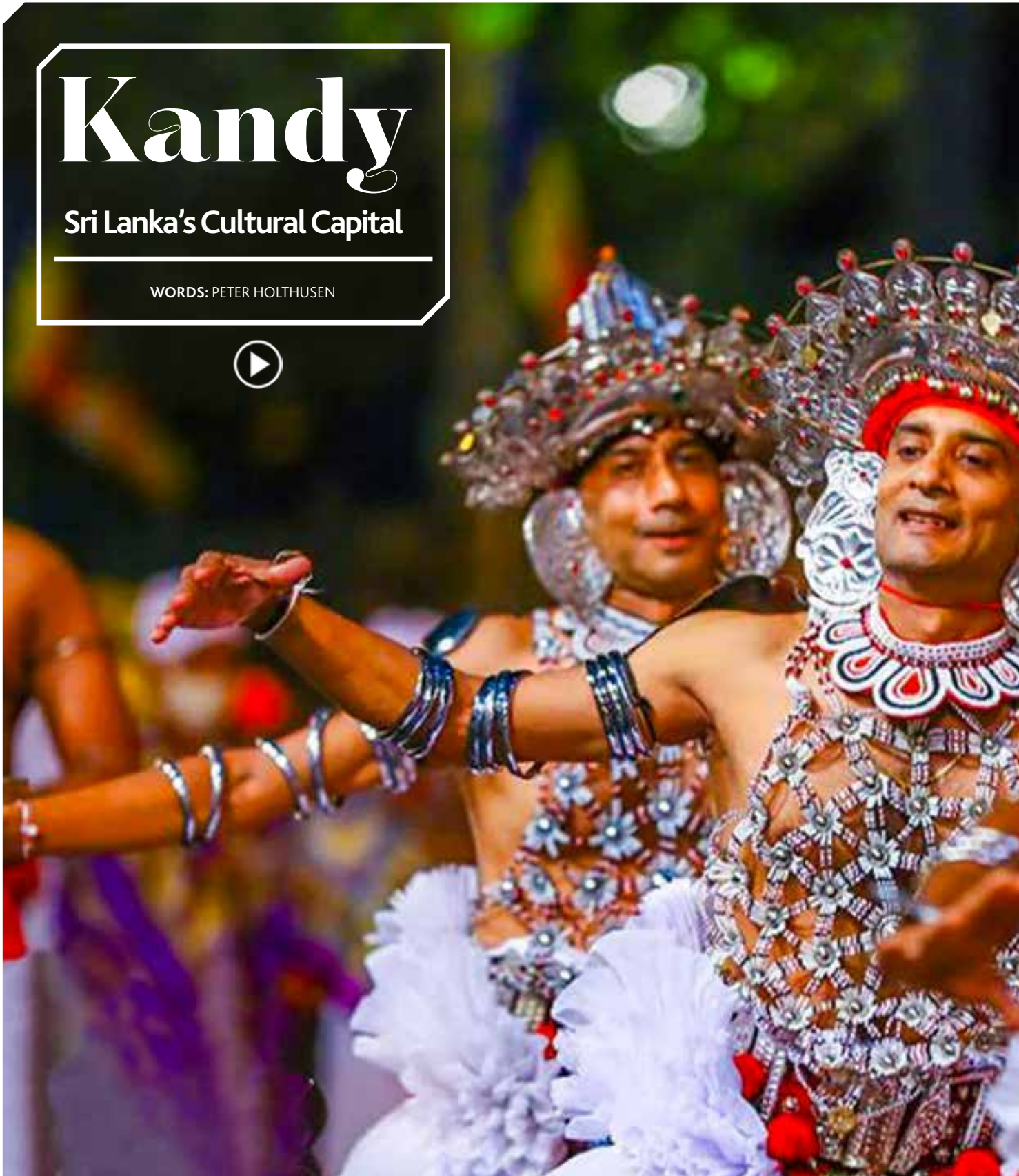
Seychelles has all this to offer and more but perhaps its most enduring attraction is the security it offers and its enviable pace of life amid the tranquillity and multi-racial harmony of the islands. 🌺



Kandy

Sri Lanka's Cultural Capital

WORDS: PETER HOLTHUSEN





Floating in tropical waters off the southern tip of India, Sri Lanka is defined by its gentle Buddhist culture, friendly people and laid-back way of life, despite its troubled recent history. For such a small nation, Sri Lanka is hugely diverse. Powder-white beaches rise gracefully to forested national parks, temple-studded plains, and jungle-covered highlands, this pristine Indian Ocean idyll continues to emerge as one of the world's Top 10 tourist destinations.

Hidden away amidst the lush and verdant hills at the heart of the island, Kandy is Sri Lanka's second city and undisputed cultural capital of the country ... home to the enchanting Temple of the Tooth, the country's most important religious shrine, and the Esala Perahera, its most exuberant festival.

Kandy owes its existence to its remote and easily defensible location amidst the mountainous and thickly forested interior of the island, with precipitous mountain passes to the capital providing plenty of opportunities for defenders to stage ambushes against invaders.

The origins of the city date back to the early thirteenth century, during the period following the collapse of the ancient royal city of Polonnaruwa, during an invasion by the Arya Chakravarti dynasty warlord Kalinga Magha in 1214 AD, which saw the complete destruction of the metropolises of Polonnaruwa and Anuradhapura by burning, when the defeated Sinhalese people drifted gradually southwards. During this migration, a short-lived capital was established at Gampola, a town located to the south of Kandy, before the ruling dynasty moved on to Kotte, near Sri Lanka's present-day capital Colombo.

Today, the venerated Temple of the Tooth, which is located alongside Kandy Lake in the former royal palace complex is a UNESCO World Heritage Site. The temple is open to the public from dawn to dusk. Although you may not view the actual tooth itself, the ornate casket within which it is said to be housed is displayed twice a day.

Kandy, the second-largest city in Sri Lanka and capital of the Central Province, is surrounded by mountain ranges and tea plantations. Due to its 3-hour distance from the bustling capital, Colombo, Kandy is a crowd favourite for travellers wanting to spend a day or two visiting its colonial buildings and religious sites. While most guidebooks mention Kandy city is the main attraction, there are many more remarkable visitor attractions to see outside the city in the rainforest area.

The Royal Botanical Gardens at Peradeniya are about 5.5 kilometres to the west of Kandy on the Colombo Road and occupies a loop of the Mahaweli River (the longest river in Sri Lanka). It is a place where people of all ages gather, especially at the weekends. The gardens are famous for their 4,000 + species of plants, including rare orchids, spices, medicinal plants and palm trees. It is also home to the world-renowned National Herbarium of Sri Lanka.

Walking through the streets of Kandy is a fulfilling experience in itself as you explore the numerous old colonial buildings that boast ancient architectural styles and also get up close to witness the day to day local life among the street vendors in this stunning cultural city.

Quite frankly, exploring a new city (no matter which one!) is a rather fun activity to do. However, the city of Kandy is a UNESCO World Heritage Site and contains within its boundaries several places of historical and religious significance, a visit you are quite unlikely to forget. Picture yourself walking through the vibrant streets of the city, tasting mouth-watering and authentic Kandyan cuisine, shopping for souvenirs and gathering new knowledge on its fascinating history as you go.

Although you may not be able to fit all of Kandy's attractions into your street tour, you must try your best to visit at least the few within the city centre such as the Temple of the Tooth, the Kandy Lake, the Central Market, and the Kandy Garrison Cemetery.

For nature lovers, the Udawattakele Forest Reserve often spelled Udawatta Kele, is a historic reserve located on a hill-ridge overlooking Kandy, immediately behind the Temple of the Tooth. Established as a forest reserve in 1856, the 104-hectare (257 acre) sanctuary is famous for its extensive avifauna, and contains a wide variety of plant species, especially giant lianas, shrubs and small trees.

Further afield, you will find an equal number of must-see visitor attractions, including the spectacular Ambuluwawa Tower, an architectural marvel which is one of the most unique temples in Asia and the first multi-religious centre in Sri Lanka! You can get to Ambuluwawa Tower from Kandy or Gampola, for the entrance to the shrine is located on the summit of a mountain overlooking the town.

The Ceylon Tea Museum at Hantane, three kilometres from Kandy city centre is served by a narrow road





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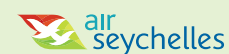
that circles the museum, providing easy access and adequate parking facilities for cars and tourist coaches. This fascinating museum, which was a massive former tea factory consists of four floors. The ground floor and the second floor exhibit very old items of machinery from Sri Lanka's colonial past and the first floor consist of a library and an auditorium with facilities for audio visual presentations. The third floor is allocated to tea sales outlets, where a selection of Sri Lanka's finest tea is available to sample and purchase. The entire top floor is a tea room, where visitors can enjoy panoramic views of distant Kandy, surrounded by the beautiful Hunasgiriya, knuckles range and the Matale range of hills which can be viewed through a powerful telescope mounted here. The grounds surrounding the museum are landscaped with many different varieties of tea plants.

Just over two kilometres from Kandy lies an imposing Theravada

Buddhist temple called the Sri Maha Bodhi Viharaya, also known as the Bahirawakanda Temple. This striking temple is famed for its giant white statue of Lord Buddha, called Bahirawakanda Vihara Buddha Statue, standing at 88 feet, it is one of the tallest Buddha statues in Sri Lanka.

Any visit to Kandy would not be complete without a day trip to the Sigiriya Rock Temple. A UNESCO World Heritage Site, the fortress atop the aptly-named Lion Rock was built by the now legendary Sinhalese King Kasyapa I during his reign 473-495 AD. Although it's not an easy climb to the top (there's over 1200 steps), it's a site not to be missed.

From the ancient rock fortress of Sigiriya to the stunning beaches of the south coast, every corner of Sri Lanka is a picture-perfect moment waiting to be captured. So, pack your bags and come explore the timeless beauty of Sri Lanka in 2023. 🇇🇲



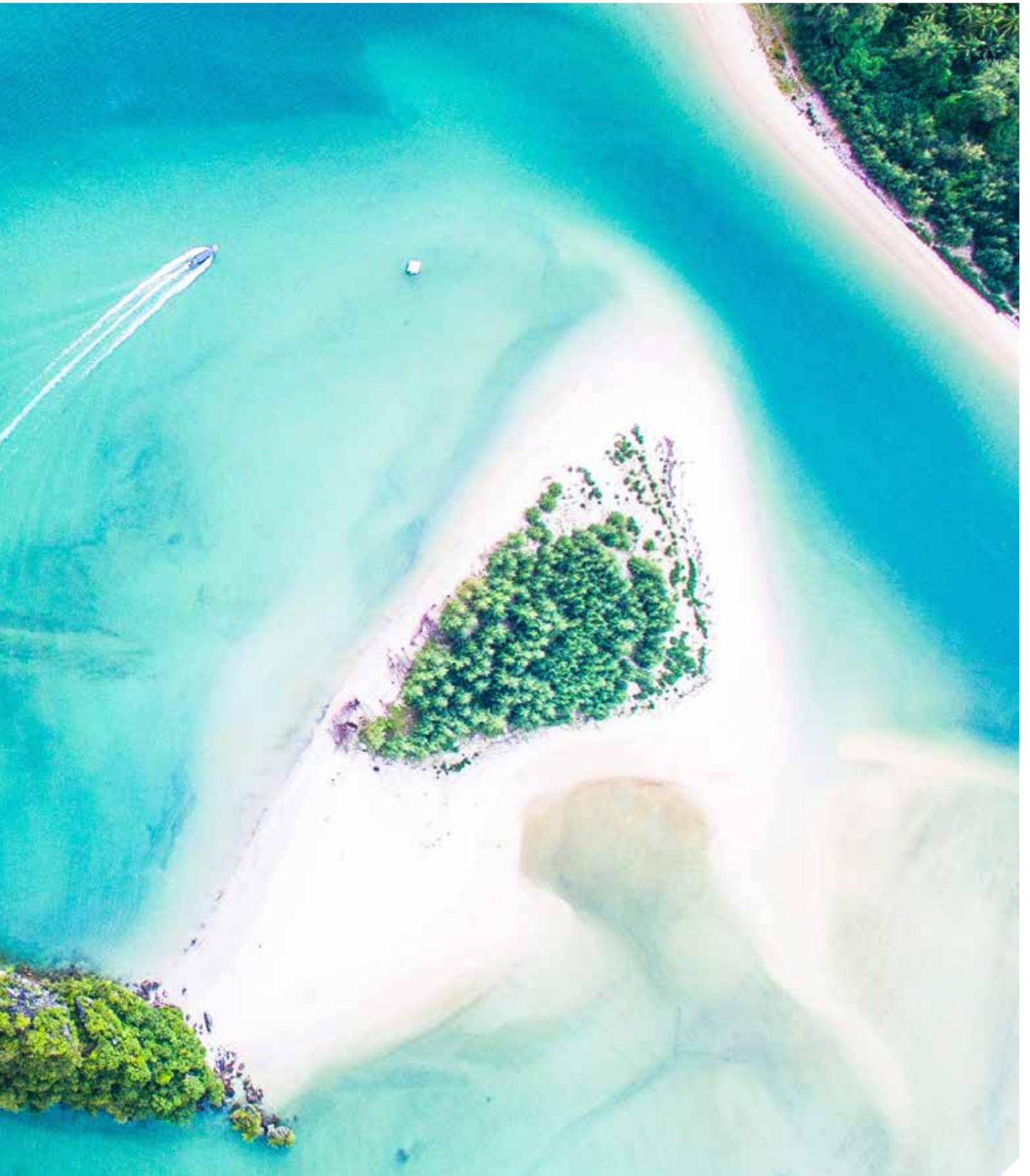
Flight information: www.airseychelles.com

Go all in(clusive), on Ile Maurice

Dreaming of an island holiday, but worried about your wallet?
An all-inclusive escape is the answer...

WORDS: RICHARD HOLMES







I don't know about you, but for me checking out of a hotel is one of the most stressful parts of travelling. As I hand over my room key with a smile, and the desk staff taps furiously into their keyboard, I can hear the printer beneath the desk whirr into life. Out spits the bill for my stay. Will it be one page? Two at most, surely. No, that third one can't be for me, can it?

It's always presented with a smile on their part, and a sinking feeling on mine, as I realise just how cavalier I've been with the poolside cocktails and the late-night room service munchies. That's how much that prawn platter cost? I should have looked more carefully at the menu. But, there's little to be done, so I hand over my credit card and swear never again. Until the next time that is.

But, as I discovered on my last family trip to Mauritius, there is a better solution to be found: all-inclusive. Unlike your bed-and-breakfast rate – which looks affordable up-front, but can sting later on – all-inclusive packages typically include accommodation, all meals, most alcoholic and



'soft' drinks, as well as snacks and afternoon tea. Depending on where you book it might even include the use of the spa, or selected excursions and activities.

"All-inclusive means a hassle-free, wallet-friendly holiday," explains Charlotte Smith, Product Manager for specialist tour operator Giltedge. "You can relax and really enjoy your well-earned holiday, knowing that your meals and drinks are taken care of. [There is also] no time wasted with currency conversions or worrying about whether you can enjoy that additional drink or savour another delicious meal or snack. Destinations could be expensive... with an all-inclusive, you will not need to worry about any hidden costs."

Be prepared for the upfront cost though. For obvious reasons, you'll pay more ahead of time, and the cost of all-inclusive packages in Mauritius can vary greatly depending on the resort, the time of year, the level of luxury, and the specific inclusions offered.

While the upfront price of an all-inclusive package is likely to be around 30 percent higher



than standard, it is still likely to work out to be a more affordable way to go on holiday, especially if you have perpetually hungry teenagers in tow.

“At some locations, all-inclusive also takes care of round-trip airport transfers and childcare,” adds Smith. “Look out for hotels that offer free spa treatments, complimentary green fees, and inclusive water sports too.”

But even if you sign up for a more comprehensive package it still pays to read the fine print. Does it say all-inclusive, or only full-board? Full-board will usually include three meals per day, but not drinks. Don’t get carried away with what you order, especially when it comes to wine, beer and spirits. All-inclusive packages typically include a specific selection of house brands. If it’s not part of that list, it won’t be covered by your all-inclusive. The same goes at meals, where luxury items like lobster are unlikely to be included.

Lastly, make a note of when your all-inclusive package begins and ends. It might align with your check-in time, or possibly end earlier than you expect. Anything enjoyed outside of this



validity will be for your own account. And then, oh dear, we’re back to paying bills at checkout.

Convinced? Excellent. There’s no shortage of wonderful resorts across the Indian Ocean offering all-inclusive packages, and these four offer an affordable way to discover all that Mauritius has to offer.

LUX* Le Morne

The LUX* brand has a loyal following for its high-end all-inclusive offering at resorts that stretch from the United Arab Emirates to China. The LUX* resorts on South Ari Atoll in the Maldives, and at St. Gilles on the island of Reunion, are also popular. There are three LUX* properties on Mauritius – and a fourth opening on Belle Mare in October 2023 – but it’s LUX* Le Morne that enjoys the most dramatic location.

Located on the southwestern tip of Mauritius, up against the iconic Le Morne Brabant mountain, LUX* Le Morne enjoys an idyllic beachfront setting in a region famous for its kite surfing. Is this the best sunset spot on the island? Quite likely.



The generous all-inclusive package here includes meals and drinks at up to eight bars and restaurants across the resort, as well as a host of water and land activities within this spacious resort. It's not all about indulgence at LUX* though. A plus factor here is access to the resort's wellness centre, where you'll find yoga classes, a modern fitness centre and extensive hydrotherapy facilities.

Club Med La Plantation d'Albion

With nearly 80 resorts spread across the globe, Club Med is arguably the world's most popular brand when it comes to all-inclusive holidays. The brand has pioneered all-inclusive escapes since the first resort opened in 1950, and today it remains a leader in the market. Long famous for its bright and bold resorts stretching to hundreds of rooms, Club Med is increasingly focused on the luxury market, refurbishing old resorts and opening new locations. A case in point is the Club Med Seychelles, which opened on Sainte-Anne Island in 2021 after a €70-million refurbishment. The result is one of the most striking resorts in the Seychelles.

On Mauritius, the most exciting new all-inclusive offer is to be found on the west coast at Club Med La Plantation d'Albion. The recently refurbished resort falls under Club Med's 'Exclusive Collection' portfolio of resorts, which means that in addition to the usual all-inclusive package you can look forward to exclusive relaxation areas such as the renovated adults-only Zen Zone, concierge service and bottomless champagne poured by the glass from 6pm each evening. Adding to the value offering is the fact that children younger than 12 stay for free.

C Mauritius

Set on the east coast of the island, C Mauritius is a relatively new resort brand, and one with a difference: they want you to get out and explore.

"We want our guests to be curious," says Olivier de Guardia, General Manager of C Mauritius. "We don't really want our guests to stay in the resort all the time... we encourage people to get out and have fun outside the hotel; discover the local culture and environment."

While the excellent island excursions are not part of the all-inclusive package, the central



IMAGES COURTESY OF LUX* LE MORNE + CLUB MED LA PLANTATION D'ALBION + BEACHCOMBER SHANDRANI + C MAURITIUS



location near the town of Flacq makes it ideal for a self-guided adventure. And, back in the resort, you'll find a wonderful range of Mauritian flavours to explore in the array of bars and restaurants. There's also a firm focus on spending time outdoors, with a dedicated Padel court, wellness zone and extensive beach games for the whole family.

Beachcomber Shandrani

Beachcomber is another brand that has built a loyal client base with its choice of resort experiences. But when it comes to all-inclusive it's Shandrani Beachcomber Resort & Spa that stands out. On the south coast of the island, convenient for the airport, Shandrani has enjoyed a host of upgrades of late to offer an experience superior to its official four-star rating. While the Deluxe Wing and reception area have both enjoyed extensive refurbishments, it's in the food and beverage offering that guests will find particular delight.

The Blue Bay Bar has been remodelled to create a vibrant new heart of the resort while the ever-popular a la carte experience at Ponte Vecchio has been extended. A new dining concept – Ephemera – offers a unique gastronomic experience drawing on global culinary traditions. And, if you are feeling flush, a new walk-in wine cellar offers the opportunity to peruse the premium wine selection. But, be warned: they're not on the all-inclusive package. 🍷

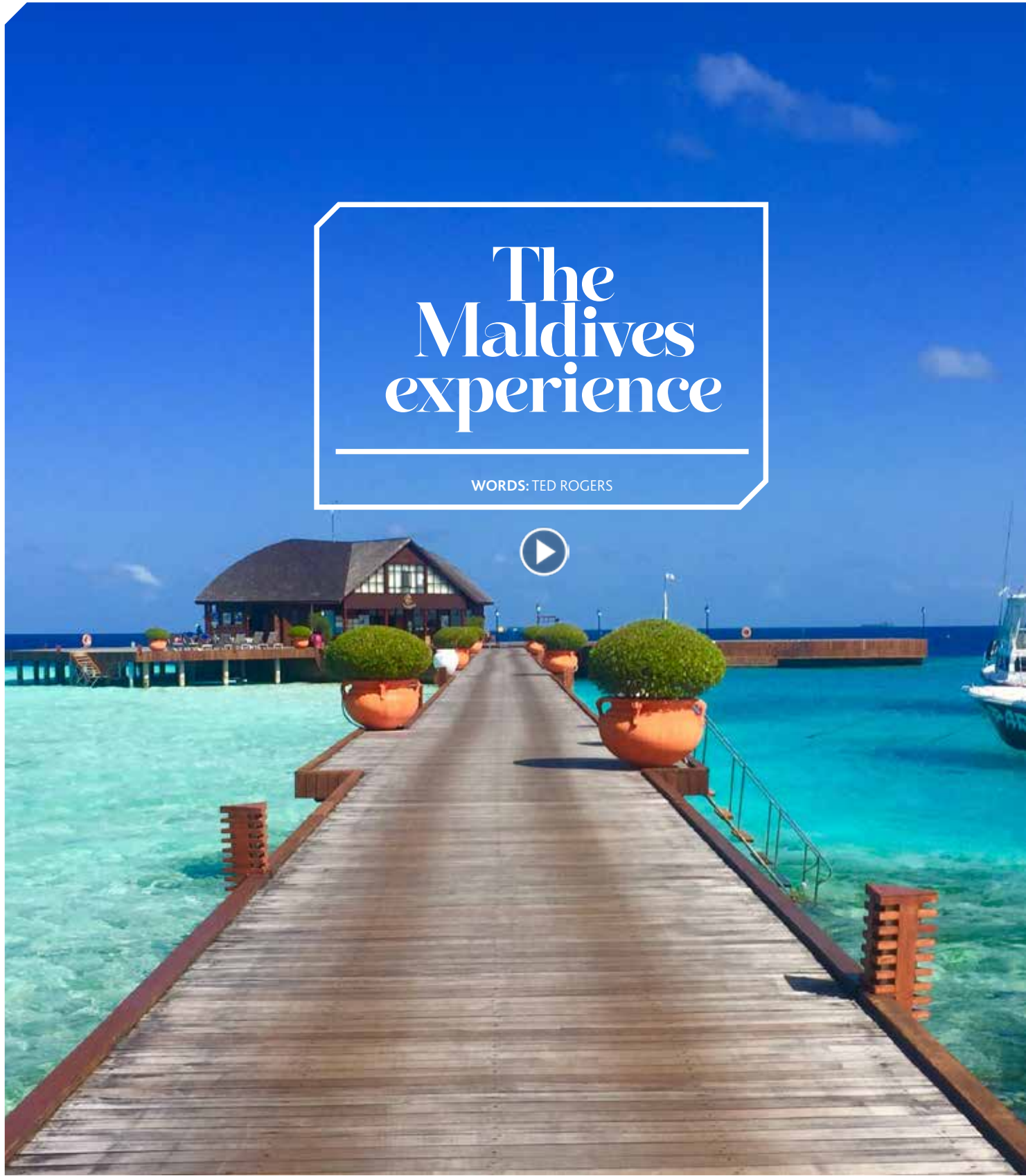


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Flight information: www.airseychelles.com

The Maldives experience

WORDS: TED ROGERS



Consisting of 26 atolls with more than 1,000 coral islands, the Maldives is known for its beautiful beaches, crystal clear waters and vibrant marine life, making it a popular destination for tourists from all over the world. Whether you're looking for relaxation or adventure, the Maldives has something for everyone.

It is a tropical paradise with a mild climate all year round. With temperatures between 25°C and 31°C, it's the perfect place to escape the cold. The country also has some of the most beautiful beaches in the world, perfect for sunbathing, swimming and water sports.

It's home to a variety of marine life, including colourful coral reefs, exotic fish, and sea turtles. The country's crystal-clear waters offer excellent visibility for diving and snorkelling, making it one of the best places in the world to see marine life up close.

In addition to its natural beauty, the Maldives has a rich culture and history. The country's population is predominantly Muslim and their culture is heavily influenced by Islamic traditions.

Tourism is a major industry in the Maldives and the country has built a reputation as a luxury travel destination. Many of the country's resorts offer overwater bungalows, private beaches and top-notch amenities. The Maldives is also known for its spa treatments using traditional healing methods and natural ingredients.

It is committed to preserving its natural beauty and has taken steps to protect its marine life and coral reefs. The government has introduced policies to limit tourism and encourage sustainable practices. Visitors are encouraged to respect the country's environment and culture and participate in environmentally friendly activities.

The capital of the Maldives, Malé is a small but a vibrant city in the heart of the Indian Ocean. With a population of around 200,000, it is the most populous city in the country and serves as the centre of political, economic and cultural activity.

Despite its small size, Malé is a bustling city with a vibrant nightlife and a variety of activities and attractions for visitors to enjoy. From exploring the city's rich history and culture to relaxing on the beach or spending a night in the town.

The city is located at the southern tip of North Malé Atoll, the largest and most developed atoll in the Maldives. Covering just 1.7 square kilometres, the island is densely populated, with towering skyscrapers and narrow streets lined with shops, restaurants and cafes.

Malé has a rich history and culture, with many important landmarks and monuments telling the story of the city's past. The oldest mosque in the Maldives, Hukuru Miskiiy is located in Malé and dates back to the 17th century. Constructed entirely of coral stone, the mosque features intricate carvings and decorations that reflect the region's traditional Islamic architecture.

Another important landmark in Malé is the Presidential Palace, also known as Mulee-aage. Built in the 20th century, the palace was originally intended to be the residence of a sultan



Malé from above



Hukuru Miskiiy



Presidential Palace



Maldivian cuisine



Wellness

but was later converted into the official residence of the president of the Maldives.

One of the most popular tourist attractions in Malé is the fish market, where visitors can see an impressive array of fresh seafood and experience the lively atmosphere of the market. The market is also a great place to sample traditional Maldivian cuisine, which is known for its spicy curries, seafood dishes, and tropical fruits.

It also has several beautiful beaches, including an artificial beach in the centre of the city. The beach is a popular place for swimming and sunbathing, and offers a range of facilities including showers, changing rooms, and restaurants.

The waters around Malé are home to a wide variety of marine life including fish, sharks, rays, turtles and corals. Some of the most common fish species in the area are tuna, barracuda and snapper. The coral reefs around Malé are home to a wide variety of colourful fish and other marine life.

In addition to marine life, the island also has several species of birds and plants. The most common bird species in Malé is the Maldivian house crow, known for its distinctive call and found throughout the city. In terms of plants, coconut palms are common in Malé, as they are widespread in the Maldives as a fruit, oil and timber.

But it's not just beaches and turquoise blue lagoons. The Maldives also has a unique cuisine that reflects the island nation's cultural diversity and proximity to the sea. From savoury spices to sweet desserts, Maldivian food is a taste bud and should be part of every visitor's experience.

There are a variety of dining options, from traditional Maldivian cuisine to international dishes. The city has many restaurants and cafes, ranging from casual street vendors to fine dining.

Some of Malé's most popular restaurants include Seagull Café House, Symphony Restaurant and Shell Beans Café, which offer a wide variety of cuisines. For seafood lovers, Hulhule Island Hotel's Uduvilaa Restaurant serves fresh seafood from the surrounding waters daily.

There are also several cafes in the surrounding area, where you can enjoy coffee or tea in a calm atmosphere. Some of the city's most popular coffee shops include Café O, The Coffee Club and Café Layaali.

Seafood is prominent in Maldivian cuisine, with fish being the staple in most dishes. Tuna, in particular, is the most commonly used fish and is a popular ingredient in dishes such as masuhuni, a breakfast dish made with shredded tuna, grated coconut, onions, and chili, and kuribo akibaa, a baked fish cake. Other seafood such as crab, squid, and shrimp are also used in various dishes.

Rice is another important part of Maldivian cuisine and is usually served with fish and meat dishes. One of the most popular rice dishes is called Gardiya, a fish soup made from tuna, curry leaves, ginger and onion. It is usually served with rice, lime and chili. Coconut is also a staple of Maldivian cuisine and is used in various dishes such as curries and desserts. One such dessert is Bondi Bai. A sweet and creamy pudding made from coconut milk, rice flour and sugar.

The Maldives are also famous for their spicy condiment known as 'hedikar', which is usually served as a snack or accompaniment to meals. One of such seasonings is 'Mashuni'. It is a mixture of finely chopped coconut, onions, chili and tuna and is usually eaten with rossi, a type of flatbread.

If you want a more traditional experience, head to Malé's Local Market for a variety of street food and treats, including spicy fishcakes, maslosi



The Artificial Beach



The fish market

(a type of pastry), and a variety of traditional Maldivian snacks. Snacks are available for purchase.

In addition to traditional Maldivian cuisine, the island nation's food culture is also influenced by neighbouring countries such as India and Sri Lanka. A wide variety of Indian and Sri Lankan dishes can be found in the Maldives, including curries, biryanis and samosas.

In recent years, the Maldives has seen an increase in international cuisine, especially in tourist areas. As such, travellers visiting the Maldives can also find a wide variety of Western, Chinese and Japanese cuisines. 🇨🇪



Street food vendor



Seagull Café House



Flight information: www.airseychelles.com

Bush break near the big city

Want to tag a safari onto your visit to Johannesburg? Whether it's five-star or self-drive, the Pilanesberg National Park offers an easy option for Big Five fun...

WORDS: RICHARD HOLMES





Johannesburg may be the quintessential urban jungle, but just an easy drive to the northwest lies one of South Africa's most popular, and accessible, game reserves, offering an array of ways to get up close and personal with the Big Five, and a host of other wildlife. What's made the Pilanesberg a hit with local travellers – and savvy tourists – is the flexibility on offer. If you're treating yourself to a splurge you'll find five-star luxury and guided game drives, but if you're watching your budget you can also self-drive and make finding the game an adventure all of your own. The journey is yours to create...

Where & When?

The Pilanesberg National Park is situated in the North West Province, but is easily reached with a scenic 2½-hour drive from Johannesburg. It is the closest Big Five reserve to the city, making it an excellent option for travellers squeezing a safari into their trip.





How to visit

The most affordable way to visit the Pilanesberg National Park is on a self-drive safari. It's close enough to Johannesburg to do as a day trip, but it's better to spend a few nights in the park, or nearby. Day visitors are welcomed in the park, and the surrounding area offers an impressive array of accommodations, including the ever-popular Sun City resort, to make day visits easier.

There are five public gates into the park though most visitors enter through the main Bakubung Gate, where you'll pay your daily entry fee and then be free to roam. While most of the park is accessible in a two-wheel-drive vehicle, a car with higher clearance will make for a more comfortable journey along the network of gravel roads. Also look out for the photographic hides situated across the park, often at waterholes, which offer excellent game-viewing opportunities.

While self-drive allows you to set your own pace, it's well worth tapping into the knowledge of local safari guides on an escorted drive.

And if it's animals you're after, you're in luck. The months of July to October – winter into spring – are the best time to visit. This is the dry season in the 'Highveld' region of South Africa, and the reduced vegetation makes sighting game far easier than in the lush summer months, when rain falls in dramatic afternoon thundershowers and the bush erupts in a riot of green foliage.

It's also worth noting that the Pilanesberg National Park – unlike the more famous Kruger National Park – is entirely malaria-free, with no medical precautions required.

First, a little geology

While you may come to the Pilanesberg in search of wildlife, the landscape of the park is just as remarkable. Stretched across more than 55,000 hectares – 20% larger than all the islands of the Seychelles combined! – the reserve is known as much for its diverse landscapes as its abundant wildlife. Situated in the crater of an extinct volcanic complex, dated to be more than one billion years old, it is both a geological marvel and a haven for animals. Key to the diversity of plant and animal life is that the park lies on what conservationists call an 'ecotone'; a transition zone between the Kalahari and the Lowveld ecosystems. In short? That means incredible biodiversity for the size of the reserve.





The park offers both morning and afternoon game drives, which are conducted by experienced rangers in open safari vehicles. These game drives allow visitors to traverse through the park's varied landscapes, while the knowledgeable rangers provide insights into the park's ecosystem, wildlife behaviour, and conservation efforts. The game drives offer excellent opportunities to spot the 'Big Five' and other wildlife species in their natural habitat, providing an unforgettable safari experience.

For a more immersive experience, also look into joining a guided bush walk. Accompanied by armed rangers, travellers can venture into the park on foot, getting up close to the sights, sounds, and smells of the African bush. Walking through the untamed terrain of Pilanesberg provides a unique and intimate experience with nature,

allowing for a deeper connection with the environment and a chance to appreciate the smaller details of the ecosystem, such as tracking animal footprints and observing the local flora and fauna up close.

Pilanesberg National Park is also a paradise for birdwatchers, with over 360 bird species recorded here. From majestic raptors and waterbirds to colourful passerines and elusive owls, the park offers a diverse and thriving birdlife that will delight twitchers. The Mankwe Dam, located in the park, is a prime birdwatching spot and a good option for self-drive visitors, where you stand the chance of seeing everything from Goliath heron to Pied kingfisher. Also keep a keen ear out for the unmistakable call of the African fish eagle, commonly found in this part of the park.



IMAGES COURTESY OF TSHUKUDU BUSH LODGE + BAKUBUNG BUSH LODGE + UNSPLASH.COM

Stay the night

If time and budget allow, a night or two within the boundaries of the park is an unforgettable experience, offering the opportunity to hear the bush come to life as the sun goes down. Bakubung Bush Lodge offers the best balance of cost and comfort, with something for every pocket from self-catering chalets to luxury rooms.

Ivory Tree Game Lodge is a more upmarket option, with 67 rooms, suites and villas each delivering superb views out across the grasslands. Guided game drives are a highlight for guests here, but you'll also fill your days with myriad activities, from quad-bike excursions to drumming circles. Ivory Tree also offers a sought-after Kosher Villa with a separate strictly Kosher kitchen – segregated for meat and milk, and locked when not in use – as well as a kosher chef and supervisor. Guests in this luxurious villa also enjoy a private vehicle and guide for the duration of their stay.

Ivory Tree's sister-hotel, Shepherd's Tree Game Lodge, is a more intimate option, located in an exclusive-use zone within Pilanesberg National Park. It offers five-star accommodation with 13 suites, each with its own private deck, while the main lodge boasts a pair of swimming pools along with an outdoor boma for dining beneath star-spangled southern skies.

If money's no object then look no further than Tshukudu Bush Lodge, which is set on a private concession within the park. It's a wonderfully intimate safari escape, and this special corner of the park is shared by only a handful of luxury chalets and intimate suites. While it's not cheap, the fully-inclusive stay covers all meals and game drive activities.

Tshukudu Bush Lodge also prides itself on its conservation efforts and sustainability initiatives, and guests can learn about the lodge's commitment to environmental conservation and community empowerment during their stay. 🌿



Flight information: www.airseychelles.com

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Mumbai's peaceful escapes

WORDS: ZARA KHAN

Mumbai, also known as the 'city of dreams', is the financial capital of India and home to more than 21 million people. Despite its bustling cityscape, Mumbai is known for its beautiful recreational parks that offer a peaceful escape. From lush green spaces to historical landmarks, Mumbai's parks cater for a diverse range of interests.





Juhu Beach

One of the best-known parks in Mumbai is the Juhu Beach front. Located in the western suburbs of Mumbai, Juhu Beach is a popular destination for locals and tourists alike. With a lengthy stretch of sandy coastline, it is ideal for a stroll along the shore or an enjoyable picnic with friends and family. The park boasts two entrances, the primary one from the land side and a secondary entrance from the beach. It is accessible to all without any restrictions, thus resulting in a truly inclusive city destination.

The mornings are a good time to visit Juhu Beach when only a few people are there. The fun, however, starts in the evening, when locals and tourists come together to enjoy the sunset. The summer is hot and humid so ideally you should visit this beach during winter, when the climate is cooler. The ideal season starts in November and remains until March. Monkey trainers, snake charmers and tarot card readers are some artists you'll find at Juhu Beach.

There are numerous eating places serving International cuisines and sea-food delicacies. But it's the street food at the beach which attracts people here. Food stalls selling *panipuri*, *bhelpuri*, *pav-bhaji* and other local dishes remain crowded the whole day. South Indian meals and Chinese dishes are also available. You could spend the night at the beach feeling the waves and the cool breeze, or attending one of the party destinations. Juhu has many bars, pubs and nightclubs to cater for night owls.



Sanjay Gandhi National Park

Another must-visit park in Mumbai. Located in the northern suburbs, the park covers an area of more than 100 square kilometres and is home to a wide variety of flora and fauna. Visitors can enjoy a safari ride to spot leopards, tigers and other wildlife, or go on a trek through the dense forest to explore the park's natural beauty.

It is said to be one of the most visited national parks in Asia with around two million visitors annually. Among the numerous attractions are a mini-zoo, a crocodile park, and the lion and tiger safaris via the natural habitats of these animals. A narrow-gauge train travels around the tourist zone, showcasing parts of the forest's rich biodiversity. Boating facilities such as two-

person, pedal-powered boats are available for a nominal fee. Two watchtowers provide panoramic views of the park.

There are many smaller parks within the national park with flower gardens, mini-waterfalls, resting spots, sunrise/sunset views, the occasional deer, and the misty boating lake.

The popular *Ashok Van* walking trail and the *Gaumukh* trail lead to an open volcanic rock face and end at the Kanheri Caves. A more challenging route is called the 'View Point' trail and leads to the highest point in Mumbai, which offers a panoramic view of the city and its three lakes. New jungle trails at the park allow visitors to see the more unexplored parts of the park.

The Kanheri Caves

A protected archaeological site. The caves were sculpted by Buddhist residents around the 1st century BCE and the area was a settlement that once served as inns for travellers. Seven Buddhist caves older than the Kanheri Caves have been discovered very recently.

Hundreds of thousands of visitors travel to the caves, particularly during festivals such as *Maha Shivaratri*. Nature trails and treks are also popular. Rock climbing enthusiasts often visit the national park as the numerous rock faces there offer good opportunities for climbing.



The Hanging Gardens

An ideal location for a quiet, peaceful retreat in the heart of the city. Located in Malabar Hill, the Hanging Gardens offer stunning views of the Arabian Sea and the cityscape below. It is well known for its terraced gardens, which are popular with couples and families looking to unwind and enjoy the environment. Many of the hedges in the park have been clipped into animal designs. When viewed from above, the park's promenade (Hanging Gardens Path) makes out the letters PMG (Pherozeshah Mehta Gardens).



Kamala Nehru Park

Part of the Hanging Gardens complex, covering an area of approximate 16,000 square metres. Located at the pinnacle of Mumbai's Malabar Hill, it is developed and maintained by the Hydraulic Engineer's Department of Municipal Corporation of Greater Mumbai. As one of Mumbai's premier gardens it is popular with young children and tourists. The garden has views of Marine drive, also known as the Queen's necklace.



Maharashtra Nature Park

Located on the edge of the gritty, overcrowded neighbourhood of Dharavi (home to Asia's largest slum). At one time this area was a garbage dumping ground, but is now known as the Green Lung of Mumbai, providing everyone with a very pleasant retreat from the city's polluted existence. A former landfill, the 40-odd acres are now home to over 14,000 trees ranging from teak to golden apple. The flora and fauna make it a birdwatcher's paradise.

The rich greenery of the nature park boasts of its 200 species of trees. The mangrove evergreen forest supports plenty of species of birds, butterflies, insects and fungi to thrive in the park.

Often spotted are the white-spotted fantail, the purple-rumped sunbird or even the blue tiger butterfly. You can also have a picnic in the woods right in the heart of the city.



Oval Maidan

Another sanctuary for cricket fans is Oval Maidan, named after its egg-like shape. This South Mumbai district was just designated a UNESCO World Heritage Site due to the spectacular colonial architecture that dot the area. Wander the grounds and gaze up at the 19th-century Rajabhai clock tower, which was inspired by London's Big Ben, the soaring spires of the Mumbai High Court, and the many colourful art deco structures.



Horniman Circle Garden

Located in Mumbai's UNESCO-listed Fort district and is surrounded by Victorian buildings with office complexes. The city's first stock market, on two and a half acres of land, saw traders assemble under Banyan trees to offer commodities and quench their thirst from the stone-carved water fountain. Later, the British encircled the land and created a garden.

The garden was designed in 1869 and completed in 1872, with well-planned walkways and trees planted all around. The water feature was recently restored to its former beauty, and it now illuminates at night.

Priyadarshini Park

Another notable park in Mumbai is the Priyadarshini Park which offers stunning views of the Mumbai skyline. A calm oasis amid the busy streets, Priyadarshini Park is a delightful place to visit. Pull up a bench and watch fellow park-goers meander around the leafy grounds.

Mumbai's recreational parks provide a diverse range of activities and experiences for visitors of all ages and interests. Whether you're looking for an enjoyable day at the beach or an adventurous trek through the forest, Mumbai's parks have something for everyone. So next time you're in the city, take some time to explore these beautiful green spaces and enjoy all that they have to offer. 🌿





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Magnificent Museums

WORDS: PETER THOMAS

Tel Aviv is known for its vibrant culture and rich history. One of the best ways to experience both is by visiting the city's many museums. From art and history to science and technology, Tel Aviv has a museum for every interest. In this article, we'll explore some of the top museums in Tel Aviv.





Tel Aviv Museum of Art

Location: 27 Shaul HaMelech Boulevard

This is one of the most popular museums in the city, with an extensive collection of Israeli and international art, including works by Picasso, Matisse, and Van Gogh. The museum is housed in a modernist building designed by Israeli architect, Preston Scott Cohen also a professor of Harvard Graduate School of Design (GSD). It also has a sculpture garden, library, and cinema.

Tel Aviv Museum of Art was founded in 1932 at 16 Rothschild Boulevard. The building was the former home of Tel Aviv's first mayor who had donated the property in memory of his wife following her death in 1930. On 14 May 1948, 250 delegates quietly gathered at the museum for the historic signing of the Israeli Declaration of Independence. In 1971 the building became Independence Hall after the museum relocated to Shaul HaMelech Boulevard.

In 1988 the museum opened, 'The Joseph and Rebecca Meyerhoff Art Education Centre.' Another wing was added in 1999 to establish the Lola Beer Ebner Sculpture Garden, which includes a collection of modern and contemporary sculptures and other exhibits displayed on public terraces around the museum complex. The museum is currently ranked 48th on *The Art Magazine's* list of the 100 most popular museums in the world.

In addition to its permanent collection, the museum hosts temporary exhibitions of works by individual artists, as well as group exhibitions curated around a common theme.





Eretz Israel Museum

Location: Ramat Aviv

The Eretz Israel Museum is a must-see for anyone interested in Israeli history and culture. The museum houses a collection of more than 500,000 objects, comprising artefacts from antiquity to modern times. The museum also has a planetarium and a replica of an old synagogue from Alexandria, Egypt's second largest city, which is considered to be the biggest in the Middle East and once served 40,000 Jews. It was built in mid-19th century, but prior to that it was destroyed twice – the last time under the decree of Napoleon. It was later repaired by an Italian architect and financed by members of the local Jewish community together with Sir Moses Montefiore, a British financier, banker, activist and philanthropist who donated large sums of money for education and health amongst Jewish community.

Established in 1953, the Eretz Israel Museum houses a large collection of archaeological, anthropological, and historical artefacts organised in exhibition pavilions throughout the grounds. Each pavilion is dedicated to a different theme, which includes glassware, ceramics, coins, and copper.

'Man and His Work Wing' offers demonstrations of traditional weaving, jewellery and pottery making, milling, baking and more. Tel Qasile, an excavation that uncovered 12 different cultural layers, is located on the museum grounds.

Nechushtan Pavilion is dedicated to copper production in Timna, a valley in the southern Negev during the Copper, Bronze and Iron Ages. The pavilion contains rebuilt mines, furnaces, and artefacts from the Egyptian Midianite Mining Temple in Timna. Reconstructed mines from the Goldstone and Late Bronze Ages show typical traces of rock with mining tools such as stone hammers, flint blades and copper chisels.

The Glass Pavilion exhibits ancient glass vessels. The exhibition is divided into three sections representing three eras in the history of glassmaking: blown glass of the Roman, Byzantine and Islamic periods. Two of the rare vessels on display are a delicate drinking horn with two openings, known by its Greek name 'rhyton', and 'Blue Jug' bearing the signature of its famous maker, Ennion who was one of the most prominent glass workers of Ancient Rome and lived in the first half of the 1st century CE.

Bauhaus Centre

Location: 77 Dizengoff Street

The Bauhaus Centre, founded in 2000, is a museum and gallery that celebrates the Bauhaus movement, a German artistic movement which lasted from 1919-1933. Its goal was to merge all artistic mediums into one unified approach. It had a major influence on Tel Aviv's architecture and design. The centre has exhibits on the history of the movement and its impact on the city. It also offers guided tours of the city's Bauhaus buildings and hosts workshops and lectures on architecture and design.

The founders recognised the need to document the history and legacy of Bauhaus architecture in Tel Aviv. They opened the centre to raise awareness and reveal Bauhaus as a style that transcends boundaries between different art mediums. Since Tel Aviv was declared a World Heritage Site in 2003, the centre has worked closely with the Israeli National Commission for UNESCO. The centre also collaborates with the Tel Aviv City Council, several educational institutions, galleries, museums, engineering and architecture associations.



ANU Museum of the Jewish People

Location: Tel Aviv University Campus in Ramat Aviv

The Jewish Museum is dedicated to Jewish history and culture. The museum has a collection of more than 120,000 objects, including documents, photographs and artefacts. Exhibits cover Jewish history from ancient times to the present, with an emphasis on the Jewish experience in the diaspora and Israel.

This institution of contemporary Jewish history reopened to the public on 10 March 2021. It is dedicated to celebrating and exploring the experience, accomplishments and spirit of the Jewish community from biblical times to the present day. Through its educational programmes the institution connects Jewish people to their roots and strengthens individual and collective Jewish identity. It presents a pluralistic narrative of Jewish culture, beliefs, purpose and deed as seen through the lens of Jewish history and current experiences of today.



Yitzhak Rabin Centre

Location: Chaim Levanon St 8

The Yitzhak Rabin Centre is a museum and educational centre that honours the legacy of Yitzhak Rabin, the former Prime Minister who was assassinated in 1995. The museum has exhibits on Rabin's life and career, as well as on the history of Israel from its founding to the present day. The centre also offers educational programmes and activities for visitors of all ages.

Ilana Goor Museum

Location: Jaffa

The Ilana Goor Museum showcases the eclectic collection of the Israeli artist and designer, Ilana Goor. It is housed in a 250-year-old building in Jaffa and has exhibits of Goor's own art as well as works by other Israeli and international artists. The museum also has a sculpture garden and café with views of the sea.

The building that houses the Ilana Goor Museum was originally built in 1742. At that time, it was an inn for Jewish pilgrims travelling to Jerusalem. Inns located outside the city walls served as shelters and protected pilgrims from robbery. In the late 19th century it became an olive oil soap factory. A century later, in 1949, the Libyan Jewish community was using the building as a synagogue within the newly formed state of Israel. Ilana Goor acquired part of the building in 1983 and eventually turned the rest into a museum which was inaugurated in September 1995.

The Museum has a collection of more than 500 works of art created by Ilana Goor, or collected during her 50 years of travelling in Israel and around the world. The collection includes paintings, approximately 300 sculptures, video art, African and Latin American folk art, antiques, drawings and design objects.





Design Museum Holon

Location: New culture area of Holon

Design Museum Holon is a contemporary design museum. It opened on 3 March 2010 and is the first building designed by Ron Arad, a British-Israeli industrial designer, artist and architect. The museum has a collection of more than 1,000 objects, including furniture, fashion and industrial design. Exhibits cover everything from sustainable design to emerging technologies. The museum also has a library, design shop and cafe.

It is located in the eastern part of Holon's new cultural district that includes the mediatheque (central library, theatre and cinema). Nearby is the design department of Holon University of Technology. The museum has been rated as 'One of the New Wonders of the World' by travel magazine, Condé Nast Traveler.

Tel Aviv's museums reflect the city's rich culture and history and, whether you're interested in art, history or design, there's a museum that will appeal to you. So, the next time you're in the city, make sure to add a visit to one of these museums to your itinerary. 🌿



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Passion flowers

WORDS: SILHOUETTE



Grammatophyllum





Phragmipedium caudatum

Orchids, which have survived for more than 100 million years, are a testament to nature's ingenuity. Pascal de Montfort roots out some of the fascinating facts about these remarkable plants.

Few plants hold such fascination – for flower enthusiasts and non-gardeners alike – as the orchid. With more than 25,000 species – and a phenomenal 730 genera – orchids form perhaps the largest family of flowering plants. No other is so widespread. Apart from deserts and arctic ice and tundra, orchids occur in almost every region on earth.

And theirs is the only genera to be listed individually in the *Guinness Book of Records*, which notes that the tallest orchid – *Grammatophyllum*, native to Malaysia – grows to over seven metres. The petals of another orchid of Latin-American's tropical zones – *Phragmipedium caudatum* – span one and a half feet (46 cms), blooming into flowers upto three feet (90 cms) in diametre, while the flowers of the world's smallest orchid, Central America's *Platystele jungermannoides*, measure just one millimetre in diametre.

The world of orchids is one of harmony, rich colours, delicate forms and elegant contours sculpted by nature. A botanist captivated by the wonder of orchids will exhibit his prized specimens with childlike devotion, each example more colourful, graceful and alluring than the last. Man's fascination with these remarkable flowering plants goes back to the earliest naturalists and botanists. By the 16th century, explorers and adventurers in search of new lands and treasures had brought the first exotics back to Europe and by the middle of the century orchids had crept into western literature. First mentioned in the Badianus manuscript, the vanilla genus is by far the most commercially exploited of all orchids today.

In the remote regions where they lived and preached, missionaries cultivated exotic species while botanists tried to bring back living examples. All too often, under the most onerous conditions, the prized flowers were reduced to piles of withered leaves. But new and rare species of orchids were being discovered continually as explorers ventured to ever more distant lands.



Platystele jungermannoides

Early classification, like that of other plants, however, was haphazard. Only when the Linnaean system of identification was established in 1735 – classifying plants and animals into groups by using one Latin word to represent the genus and another to distinguish the species – did the true botanical study of orchids begin. Through such binomial descriptions botanists could record their findings with precision. And it made Darwin's theory of evolution possible. He was the first botanist to record the pollination of orchids by insects and published a famous 1862 monograph, *The Various Contrivances by which Orchids are fertilised by insects*.

Early European cultivators laboured long and hard to bring orchids to flower so that they could propagate in Europe's often cold climes. Taken to Holland near the end of the 17th century, *Brassavola nodosa* became the first cultivated orchid in Europe. In 1731, Peter Collinson imported another remarkable form to England from the Bahamas – *Bletia Verecunda*. The following summer, the eminent horticulturalist Sir Charles Wagner coaxed it to flower. By the late 18th century a Plethora of orchids were under cultivation in the hothouses at the Royal Botanic Gardens of Kew, where *Epidendrum ensifolium* and *Epidendrum fragrans* flowered in 1787. And during the next decade, a dozen more species of *Epidendrum* flourished.

The horticultural society of London, which became the Royal Horticultural Society, conducted extensive research into orchids. The fervour of Britain's Edwardian and Victorian societies for orchids was unquenchable. Every detail of orchid habitat and method of cultivation was studied, while research papers dwelt on each aspect of the remarkable plants.

The outcome helped to increase knowledge of many orchid genera and inspired many innovations – including the development of special composts and the use of central heating in orchid cultivation. By the late 1800s, horticulturalists had begun to master the cultivation of epiphytic orchids – those which grow off other flowers but are not parasitic.



Epidendrum fragrans



Brassavola nodosa

But despite the success of greenhouse orchids, the price of the flowers continued to increase. Avid collectors – tycoons and aristocrats desperate to own the rarest orchids – lavished fortunes on expeditions to collect new specimens. But the heavy-footed expeditions trampled countless species underfoot. Others were uprooted only to die during shipment and became lost forever.

In 1830, John Lindley was the first to classify orchids, and later Noel Bernard, a young French horticulturalist, was the first to understand the symbiosis between orchids and fungi. Wandering through some woods at Fontainebleau, Bernard saw some *Noettia nidus-avis* clustered about the base of a larger mother plant. Under the microscope, Bernard noticed their roots were covered with mushroom spawn, and by following the germination process, he became the first botanist to observe that orchids draw the nutrients they need from fungi.

Orchids often occur in extremely limited and specific ecosystems, but they are spread across the world in every climatic condition. Such diversity and specialisation ensure their survival. Three essentials determine success: the right plant material for symbiotic germination of the seed must be present, the climate has to be favourable and there has to be a specific insect for pollination.

Consequently, Colombia boasts more than 3,000 endemic species, while 660 are native to Mexico and 100 to the United States of America, 14 of them in arctic Alaska. About 53 natives are found in Britain.

Such varied diffusion constantly botanists, who are at a loss to know why some forms of orchids are found throughout the world, while others are limited to extremely restricted areas.

Experts postulate, however, that the answer lies in the dim, prehistoric past, the time more than 100 million years ago when the super continent of Gondwanaland began to fragment into what became today's continents. Thus, such ancient genera as vanilla dispersed to flourish in tropical regions around the world. Indeed, it is even found in the Seychelles archipelago, which was formed when small land masses drifted away from the broken Gondwanaland.

Many exotic orchids are grown in gardens throughout the Seychelles, most of them coming from Asia, such as the Spider orchid *Arachnis flos-aeris*, *Vanda* orchids, all of which grow well in a tropical garden. The total list of Seychelles orchids stands at a possible 30 native species and six of them are possibly considered to be endemic to the Seychelles islands.

Although now considered to be among the oldest flowers on earth, the puzzle of orchids is never ending. For the orchid family often displays the characteristics of a new class of plant – in particular, the extraordinary number of species, the ability to specialise, and apparently continuous evolution.

Orchids are normally classed in two main categories – terrestrial and epiphytical. Ground orchids occur largely in temperate regions and are difficult to cultivate. Growers tend to specialise in tropical, mainly epiphytical species which are more colourful and varied.

The more beautiful an orchid, the more it costs, and the increasing popularity of orchids has inspired a number of hybrids with growers paying meticulous care to the shape and colour of hybrid flowers and roots, stems, leaves and seeds.

Orchids, which have survived for more than 100 million years, are testimony to nature's ingenuity. Look closely at any orchid and you will see a reason for its magical scheme.

For instance, the mysterious and lovely Lady's Slipper – *Cypripedioideae* – gets its name from the peculiar lip at the front of the flower, which forms a tiny receptacle – or slipper – designed to ensure pollination. When an insect enters the slipper, it can only escape through an outlet at the back of the cup which coats it in pollen. The Latin name derives from Greek – *Cypros*, the island sacred to Venus, and *pédilon*, slipper.

Orchids have developed many ways to entice insects for pollination. Some even look like insects. Others tempt pollinators with their fragrance. One orchid, *Stanhopea*, emits such



Arachnis flos-aeris



Cypripedioideae



Orchids often occur in extremely limited and specific ecosystems, but they are spread across the world in every climatic condition.



Stanhopea



an intoxicating chocolate aroma that the bee becomes drunk and flounders about until it is saturated by pollen. When it finally flies to another flower, it lands and crawls tipsily about, thus depositing the pollen.

Orchids have been shrouded in legend and endowed with magical properties since antiquity. One legend tells that the flowers are descended from the lustful son of Patellanus, who ravaged a priestess of Bacchus, the Greek god of wine. The Bacchanalians were so enraged they cut him into little pieces. Whereupon, in answer to his father's supplications, the gods transformed the corpse into a beautiful flower.

Other than the rose, no flower has a reputation so entrenched with love and romance as the orchid. The flowers and their roots were thought to be potent aphrodisiacs when crushed.

A concoction known as Salep, or Saloop, made from the roots of orchids and introduced to Europe from Turkey, was much in demand during the 18th and 19th centuries. Saloop-houses were frequented by men who wanted to satiate their ever-lascivious desires.

With rare orchids sought by collectors for their conservatories and orchid nectar taken as an aphrodisiac, it is no surprise these wondrously alluring flowers became – and remain – so popular. 🌸



The therapeutic effects of essential oils

The sweet smell of good health is found across a wide range of nature's most fragrant herbs and plants.

WORDS: SILHOUETTE



A modern, 24/7 lifestyle might result in an uncomfortable and unhealthy stockpot. Combine stress, poor diet, a pinch of sleep, and even less relaxation, and you have a prescription for health disaster.

Everyone reading this article post is probably suffering from one or more of these symptoms, or has in the past. Recognising these issues is half the battle in resolving them. The equation is completed by proper treatment.

Today, there are so many options for rebalancing the imbalances of a stressful lifestyle that making a decision might be difficult. People who are dubious of conventional approaches are increasingly turning to so-called "alternatives." And not for no cause.

Many traditional medical therapies are based on solid ideas. Some, on the other hand, are not.

And distinguishing between quack and qualified is a minefield to be avoided. However, as alternative medicines get more popular, they frequently become self-generating in terms of forming their own regulating bodies.

The charlatan chiropractor is much less common nowadays. However, in a field where there are likely more remedies than causes, a personal diagnosis is worthwhile.

If you are suffering from 20th-century stress and want to improve your overall health, rolling back the clock several centuries may provide the appropriate remedy.

For, oddly, the methods labelled as alternatives today were once the norm. Only the introduction of synthetic medications has rendered many tried and true approaches obsolete.

Aromatherapy is one of those experiencing a well-deserved comeback. Don't be fooled if it has a smell of mystique. Considering its origins in the distant past, aromatherapy may be described as man's ascension. Aside from the puns, it owes a lot to the sense of smell in the treatment and prevention of illnesses.

Aromatherapy is most typically used to describe treatments in which essential oils or aromatic essences are rubbed into the skin, inhaled, or used in baths. In some cases, the essences may be consumed.

Aromatherapy has a distinguished history. Remember the story of the Good Samaritan, who helped a Biblical traveller who had been mugged? He responded by "binding up his wounds, pouring on oil and wine."

The therapeutic effects of essential oils were known to the ancient Egyptians, Greeks, Arabs, and Asians. Aromatherapy originated in Europe, where much of the modern research into the therapeutic effects of essential plant oils has been conducted.

There are currently at least 30 such oils in common usage. They are collected through pressure or distillation and contain all of the aroma of the plant, as well as its active therapeutic element and, in some cases, plant hormones.

Essential oils can be used on a variety of levels, from aesthetic skin improvement to first aid (bruised, disinfecting, insect bites) to balancing the emotions of those who are frightened, unhappy, or panicked.

They can also be utilised to cure significant medical conditions by skilled aromatherapists. Massage is the most commonly used method of applying



aromatherapy treatment. The essential oils can readily penetrate the skin and enter the body this manner.

In general, the oils are diluted to a maximum of 2.5 percent in vegetable oil. Hot and cold compresses, bath oils, and room sprays are among more therapy options. Ingestion, as prescribed by an aromatherapist, is also a recognised treatment, particularly in France, however prescribing essential oils for internal use is forbidden in the United Kingdom.

The various oils have varying degrees of effectiveness on different regions of the body.

High notes are often beneficial to the upper body. They have an impact on the mind, memory, and focus. They have a stimulating effect on the neurological system in general.

Middle notes impact digestion, circulation, and the middle organs, whilst low notes affect the lower body zone, providing relaxation, a sedative effect, and operating on the reproductive organs. All of these areas overlap, but by smelling them, you can tell which oils belong to which.

Many people are overwhelmed by the frantic pace of their lives. Women who struggle to balance being a mother and working are frequently seen. Company directors and professionals seeking stress reduction, as well as manual employees, visit an aromatherapist for a general checkup and to lift their spirits. The selection of essential oils is based on decades of expertise, although most oils in common use can be bought from a knowledgeable chemist. When you contact an aromatherapist, they will assess your specific problem as well as your overall health, both physical and mental, before deciding on the best treatment for you.

The French are responsible for the resurgence of aromatherapy as a genuine alternative. The limitations of modern antiseptics used to treat injured soldiers became clear.

As a result, aromatherapy techniques developed by chemist Professor Rene Gattefosc were adopted by others in France. Britain has only just begun to pay attention to the discipline, thanks in large part to the work of Robert Tisserand.

The French doctor Jean Valnet is regarded as one of the main authorities in the field. He explains why aromatic essences are seeing a rebirth in his seminal work 'The Practice of Aromatherapy.'

Faced with an increasing toll of issues known to be caused by aggressively produced chemical drugs, many patients are now unwilling to be treated except by natural remedies, the most prominent of which are plants and their essences.

Most of the time, we turn to natural medicines as a last resort when a serious ailment has failed to react to all available modern therapies. We should definitely do better and waste less time if we made it our starting point for a variety of disorders.

Some experts consider standard preventive medicine, which consists of giving healthy patients medications and injections of goods with unknown long-term effects, to be an abnormality. Nontoxic change is the only effective path, and aromatic herbs and their essences are at the forefront of this approach. They believe that using herbs like garlic, cloves, sage, rosemary, thyme, and others in daily cooking can result in beneficial therapies. On the other end of the scale, aroma therapeutic treatments employed in conjunction with more conventional medicine have resulted in cancer recovery.



Balancing the emotions of nervous, depressed, or panicky people.



While warmly recommending aromatherapy, one aromatherapist advises caution. "Because essential oils are whole, unadulterated, and organic, they are safe when used properly." They are, nonetheless, extremely powerful. A drop of rose oil requires 30 flowers. The actions are similarly potent.

She suggests following a few simple rules: don't use aromatherapy for more than three weeks at a time, stick to suggested doses, and store oils in dark glass bottles in a cold spot with the lids well closed.

She singles out some essential oils as needing special care: eucalyptus, peppermint, and camphor counteract the effect of homeopathic remedies; basil, hyssop, clary sage, juniper, marjoram, myrrh, and rosemary should be avoided by pregnant or breastfeeding women; lemon, orange, eucalyptus, saffras, and turmeric can be toxic if taken over time; People with epilepsy,



asthma, or allergies should avoid fennel, hyssop, and sage; orange, lemon mandarin, lemon verbena, Melissa, lemon grass, peppermint, citronella, cloves, nutmeg, black pepper, ginger, and cinnamon should be used sparingly when applied to the skin, as they can cause irritation.

Wintergreen, aniseed, arnica, armoise, penny royal, and wormwood should be avoided since, while they have therapeutic characteristics, they can be exceedingly hazardous if used incorrectly. 🌿



The following are some common applications for oils used in aromatherapy massage. The table lists various high, middle, and low notes as well as their applications.

EMOTIONAL BALANCE: Lavender and geranium aid with mood swings and tantrums. Manic depression is treated with this medication.

EMOTIONAL USES: sedatives; rose for feelings of jealousy or grief. Frankincense; to aid with the forgetting of the past. Jasmine for confidence; ylang-ylang for anger management; camomile for comfort; neroli for sexual anxiety; and benzion for sadness and loneliness.

EMOTIONALLY UPLIFTING OILS: Melissa to chase away morbid thoughts and lift spirits; bergamot to lift spirits; orange to create a warm atmosphere. These oils can be used alone or in combination with other oils, possibly chosen to provide a more physical effect.

To produce an inhalant for colds or flu, fill a bowl halfway with nearly boiling water and add six drops of appropriate essential oil. This can be eucalyptus (the best), camphor, hyssop, rosemary, lavender, thyme, or basil combined with or replaced by eucalyptus. Place a towel over your head for 30 seconds, gradually increasing to five minutes if no adverse reaction occurs.

WARMING OILS: Cinnamon, pimento, cardamom (should be applied if an area feels cold, notably the lower back).

ANALGESIC OILS: (Use if an area has lost sensation or has become inflexible); rosemary, basil.

MUSCLE TENSION OILS: Lavender is a good all-purpose oil; marjoram is warming, anti-spasmodic, and calming; and clary sage is beneficial for nervous muscle tension.

Finally, one or two post-celebration treatments during the holiday season are recommended.

HANGOVERS: Float three drops of lavender oil and three drops of peppermint oil in a bowl of cool water. Apply two tiny towels as compresses to the forehead, temples, and back of the neck.

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CELEBRATING SILVER JUBILEE



On Friday, 31 March 2023, Air Seychelles celebrated 25 years of service between Seychelles and Mauritius. Passengers on the airline's A320-based flight HM049 to Mauritius were invited to celebrate this milestone with specially crafted cupcakes on board. The airline also commemorated the anniversary with a silver jubilee special promotion to Mauritius, with booking dates ranging from 23 March to 31 March 2023, for travel until 31 October 2023.

Air Seychelles, which began operations in March 1998, now runs three weekly flights to Mauritius, with additional flights possible during busy seasons.

Acting Chief Executive Officer, Captain Sandy Benoiton said, 'We celebrate a silver jubilee, 25 years of connecting people between our islands to those of our neighbour's, Mauritius. I am extremely proud and honoured that the service has lasted for so many years, and yet continues to thrive. I would like to thank all of our past and future guests for your support throughout the years and for choosing to fly with our national airline.'

QATAR AIRWAYS AND AIR SEYCHELLES SIGN CODESHARE AGREEMENT

Qatar Airways and Air Seychelles have announced a codeshare agreement, allowing passengers on both networks to travel seamlessly to one of the world's most exotic and unique destinations. Qatar Airways serves over 160 destinations globally and connects passengers from Africa, America, Asia, and Europe via its Doha hub, Hamad International Airport (HIAO). Furthermore, Qatar Airways Privilege Club members can earn and spend Avios at nearly 200 Qatar Duty Free (QDF) locations.

Qatar Airways currently offers a daily flight between HIAO and Seychelles International Airport with morning arrivals and evening departures from Mahé Island. Qatar Airways will place its code on Air Seychelles' operated flights between Mahé and Praslin as part of this new codeshare arrangement, allowing travellers to continue their journey effortlessly with a single booking. Passengers can purchase flights with both airlines, as well as through online travel companies and local travel agents.

Captain Sandy Benoiton, Acting CEO of Air Seychelles, stated, "This new partnership will provide passengers with new connection opportunities and access to unique destinations from both networks."

SEYCHELLES TO COLOMBO

Air Seychelles announced in April that it would begin twice-weekly flights from its home base of Mahé, Seychelles, to Colombo, Sri Lanka, in June 2023.

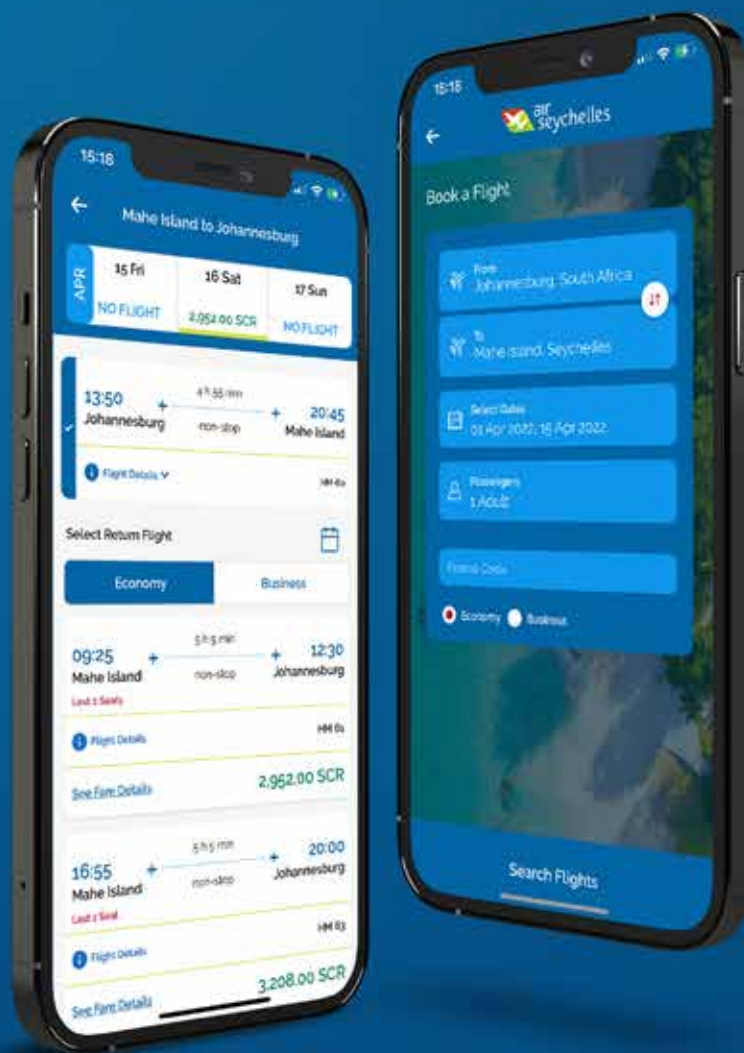
The inaugural flight took off from Mahé on 20 June 2023 and arrived in Colombo in the early hours of the following morning. The flights are served by an Airbus A320neo aircraft with 12 business class seats and 156 economy class seats.

Air Seychelles' Chief Commercial Officer, Charles Johnson explained at the time, "We're very excited about this opportunity to link Seychelles with Sri Lanka. A destination in its own right with excellent tourist, medical and trading opportunities which all Seychellois will benefit from. In addition, our upcoming partnership with Sri Lankan Airlines will allow travellers to purchase a single ticket for travel beyond Colombo to other destinations in Asia. This service will drastically reduce current travel times and at prices much lower than currently seen in the market."

Through a partnership with Sri Lankan Airlines, the Colombo service additionally provides over 20 connections. This enables a quick one-stop connection to several places in India, Bangladesh, and popular tourist destinations such as Bangkok, Kuala Lumpur, Singapore, and Tokyo, as well as popular Australian cities such as Melbourne and Sydney.

To commemorate the opening of the new flights, the national carrier offered a special web deal starting at SCR 6,800 through mid-April 2023, valid for travel between 20 June and 30 September 2023.





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Our Network

International Network



Disclaimer: Actual flight paths depends on the weather, government approval or other operational factors. The flight routes depicted on this map are for illustrative purposes only.

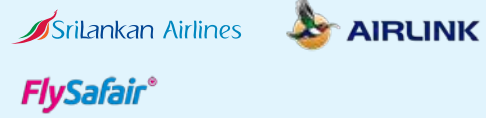
MAP KEY

- Air Seychelles Flights
- - - - - Air Seychelles Seasonal or Charter Route
- Air Seychelles Codeshares
- Air Seychelles Interline Partner

CODESHARE PARTNER



INTERLINE PARTNER



Sri Lankan Airlines Network (India)



Our Fleet

The airline now operates the youngest fleet of **A320neo aircraft**. On its domestic network, the airline owns and operates five DHC6-400 aircraft and offers over 350 weekly scheduled services between Mahé and Praslin, as well as charter flights to other islands within the Seychelles archipelago.

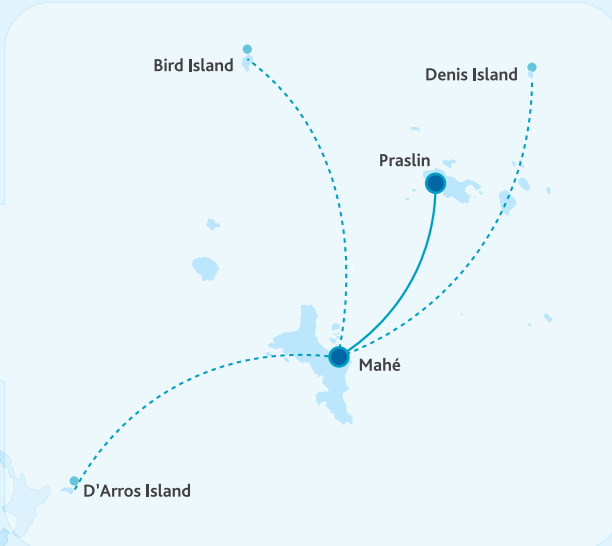
Air Seychelles also offers a 30 minute scenic flight product, providing guests a bird's eye view of the Seychelles inner islands.



Airbus A320-200neo

Aircraft: 2
 Length: 37.57m
 Wingspan: 34.09m
 Passenger capacity: 168
 Cruising speed: 840km/h
 Cruising altitude: 37,000ft

Air Seychelles Domestic Network



Dhc-6 Twin Otter-400 Series

Aircraft: 5
 Length: 15.80m
 Wingspan: 19.80m
 Passenger capacity: 19
 Cruising speed: 260km/h
 Cruising altitude: 10,000ft

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Air Seychelles global offices

<p>India</p> 	<p>Capital: New Delhi Languages: Hindi, English Currency: Indian Rupee Area: 3,287,590 km² Population: 1,263,830,000 Air Seychelles destination: Mumbai</p>	<p>Bird Group Ltd 204, 2nd Floor A Wing Kanakia Wall Street 400093 Mumbai Tel: +91 959 4013686 Email: hmsales@bird.travel hmres@bird.travel</p>
<p>Israel</p> 	<p>Capital: Jerusalem Language: Hebrew Currency: Israel Shekel Area: 20,770 km² Population: 9,085,610 Air Seychelles destination: Tel Aviv</p>	<p>AIRLINES GSA 3 Gilboa St Airport City 7019900 Tel Aviv Tel: +972 3 5160598 Email: hm@airlines-gsa.com</p>
<p>Maldives</p> 	<p>Capital: Malé Languages: Dhivehi, English Currency: Maldivian rufiyaa Area: 300 km² Population: 579,330 Air Seychelles destination: Malé</p>	<p>Universal Travel Services Pvt Ltd 39 Orchid Magu PO Box 2015 Malé 20-02 Republic of Maldives Tel: +960 3332231 Email: Shifa.Faiz@utsmaldives.com</p>
<p>Mauritius</p> 	<p>Capital: Port Louis Languages: French, English, Creole Currency: Rupees Area: 2,040 km² Population: 1,243,000 Air Seychelles destination: Port Louis</p>	<p>Rogers Aviation (Mauritius) Ltd The Gardens Bagatelle Office Park Moka, Mauritius Tel: +230 2026697 Email: salim.mohungoo@rogers-aviation.com</p>
<p>Seychelles</p> 	<p>Capital: Victoria Languages: Seychellois Creole, English Currency: Seychelles Rupee Area: 456 km² Population: 95,235 Air Seychelles destination: Mahé & Praslin</p>	<p>Air Seychelles Ltd Seychelles International Airport PO Box 386 Mahé Tel: +248 4391000 Email: callcentre@airseychelles.com</p>
<p>South Africa</p> 	<p>Capital: Pretoria Languages: English, Afrikaans (11 official languages) Currency: South African Rand Area: 1,221,037 km² Population: 45,919,000 Air Seychelles destination: Johannesburg</p>	<p>Rogers Aviation 3A Riley Rd, Building 11 Bedfordview Office Park, Bedfordview Johannesburg Tel: +27 11 326 4440 Email: airseychelles@rogers-aviation.co.za Reservations2@rogers-aviation.co.za benjaminc@rogers-aviation.co.za</p>
<p>Sri Lanka</p> 	<p>Capital: Colombo Languages: Sinhala, Tamil Currency: Sri Lankan Rupee Area: 456 km² Population: 22.16 million Air Seychelles destination: Colombo</p>	<p>Air Park (Pvt) Ltd. 377A/1 Galle Road, Colombo 03 Sri Lanka Tel: +94 (0) 11 237 2870 Email: airseychelles@airpark.aero</p>

Important Information

Airport

Seychelles International Airport is the main airport on the main island of Mahé. There are two terminals for International and Domestic.

Information

There is a tourist information/hotel booking desk in Arrivals. There are ATMs, a Bank and a Bureau de Change at the airport.

Time

Seychelles is four hours ahead of GMT and three hours ahead of Central European Time.

Electric supply

The power sockets are of type G. The standard voltage is 240 V and the standard frequency is 50 Hz.

Language

Creole, English and French are the official languages of the Seychelles.

Currency

The Seychelles Rupee. There is no restriction on the import and export of domestic and foreign currency in the country. However, anything over SCR 50,000 or foreign currency equivalent in any form should be declared on arrival or departure. Banks and Bureaux de Change are authorised dealers in foreign currency.

Credit cards

Most credit cards and travellers' cheques are accepted.

Banking

Banking hours are generally Monday-Friday 0830hrs-1430hrs.

Public holidays 2023

- New Year Holiday 1 Jan
- Good Friday 2 & 3 Jan
- Easter Sunday 7 April
- Easter Monday 9 April
- Labour Day 10 April

- Corpus Christi 1 May
- Constitution Day 8 June
- National Day 18 June
- Assumption Day 19 June
- All Saints Day 29 June
- Immaculate Conception 15 Aug
- Christmas Day 1 Nov
- Christmas Day 8 Dec
- Christmas Day 25 Dec

Passport requirement

Valid passports or other travel documents recognised by Seychelles are required for entry into Seychelles. The passport MUST be valid for the period of the intended stay.

Visa requirement

Visa is not required for entry into the Republic of Seychelles regardless of the nationality of the passport holder. A copy of valid return ticket and proof of confirmed accommodation is required. www.ics.gov.sc

Ground transport

Driving in Seychelles is on the left side of the road. You can rent cars on Mahé and Praslin. There are several car hire counters outside the arrivals hall at Mahé International Airport.

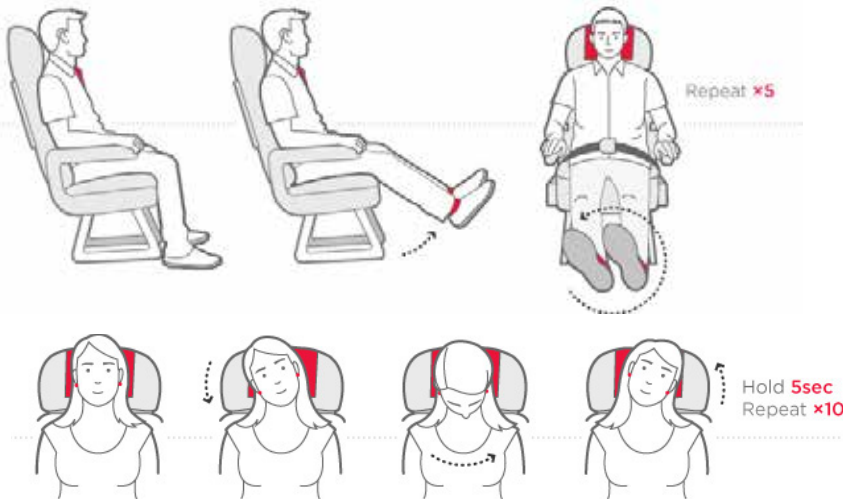
Taxi service

Taxi service is safe and reliable and you can get one from the International Airport or call for one from your hotel.

Tourist information office

The Seychelles Tourist Office is located in Independence House, Victoria, Mahé.

These simple exercises will help to relieve the tiredness and stiffness associated with flying. Check with your doctor first if you have any health conditions which might be adversely affected by exercise.



Shoulder circles

- Sit tall and move forward in your seat.
- Bring your shoulders up towards your ears, then circle back downwards.
- Reverse the exercise by lifting your shoulders towards your ears and drop them back.

Neck rolls

- Sit back in your seat and flatten the headrest.
- Gently and slowly roll your neck to one side, then back through the centre towards the other side.
- Try keeping the back of your neck extended.

Sit up straight

- Place the pillow at the hollow of your back.
- Sit tall in your seat to avoid compressing your spine.
- Do not cross your legs. Instead, try to sit with your weight evenly balanced.

Ankle circles

- Sit tall in your seat, and place the pillow under your thigh, just above the knee.
- Keep your weight even as you circle your foot around, keeping the whole foot as still as possible.

Seychelles is welcoming visitors from across the globe, irrespective of their vaccination status. PCR test is no longer required for visitors to the Seychelles.

Although no visa is required for entry into Seychelles, all visitors must complete the mandatory Seychelles Travel Authorisation (STA) at seychelles.govtas.com prior to arriving at the airport.

The STA document is essential for travel and will be required at check-in counters. Visitors failing to provide the approved STA document will not be allowed to board for Seychelles.

Valid travel and health insurance cover is required for potential COVID-19 related costs. Visitors may be subject to routine health screening on arrival.

Note: All individuals arriving in Seychelles are advised to report any symptoms they develop, that may be associated with COVID-19 to their nearest health centre.

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