



FREGATE ISLAND  
SEYCHELLES

## All you need to know about the jewel of conservation that is truly *unique* to our planet!

### FREGATE ISLAND

Four degrees south of the equator lies Fregate Island, a natural outstanding beauty with peaceful settings of verdant, tropical interiors and abundant nature fringed by seven fairy-tale beaches. The white powdery sand sweeps around the edge of sentinelled giant, iconic granite boulders. Fregate Island is approximately 2.19 square kilometers in size and its apex is Mont Signal, rising at 125m above sea level.

Fregate Island is a one of a kind destination where guests can experience the ultimate offer to Seychelles luxury with an exclusive 5 – star experience and a team genuinely committed to conservation. The restoration and perception of its unique flora and fauna has always been, and will continue to be a fundamental raison d'être for years ahead. Our precious Seychelles Island is covered in lush forest, fringed by coral reefs and a sanctuary to some of the world's rarest plants, reptiles, insects and birds.

We welcome all kinds of travelers, near and far, in search of new inspiration to this peerless sanctuary. Fregate Island represents the most beautiful tropical paradise, amid its purest natural environment and harmless exquisite wildlife.

*"With a supple light touch and a sincere mindful respect to our precious island, we present our guests with all the luxuries a first class hideaway can offer."*

### LOCATION & ACCESS

Fregate Island, being the most eastern inner granite island of the Seychelles, is in the Indian Ocean located about 55 km east of the main island, Mahe. The closest international airport to Fregate Island is Seychelles International Airport on the island Mahé, from there Fregate Island is reached by luxury helicopter transfers within merely 15 minutes one way or a sea voyage by boat averaging 1.5 hours.

### SEASONS & SEA CONDITIONS

Fregate Island's location enjoys a temperate climate all year, however, there are two distinctive weather seasons.

The period between October and May is called the Northwest Monsoon, and characterized by the lack of wind. Ideally consisting of calm sea conditions and moderate northwest winds, favoring big game fishing, scuba diving and snorkeling.

The period between May and October is called the Southeast Monsoon, commonly characterized by steady, high winds from the southeast, causing rough sea conditions. Watersports and those whom favor these winds like windsurfing and sailing, are extremely popular activities during this season.



## YOUR HOME IN PARADISE

Private pools in each of the 16 luxury Villas and an exclusive 'Banyan Hill Estate' provides tranquility and a laid-back hideaway. Either as couple for a romantic escape or a family getaway, the choice of our 13 Private Pool Villas, 3 Private Pool Twin Villas and the private Banyan Hill Estate, designed with 3 detached Villas will suite perfectly for all your travel arrangements.

## 13 PRIVATE POOL VILLAS & 3 PRIVATE POOL TWIN VILLAS

All our villas offer dedicated and luxurious bedrooms and living areas, both with air-conditioning and ceiling fans. The bedroom provides a king-sized bed, a large, open bathroom with 'his and hers' face basins, indoor and outdoor showers with rain shower heads and a bathtub. A large closet with windows and the personal safe is to be found inside.

Your spacious living area includes a TV, DVD, CD-player, complimentary wireless internet access (in the whole villa), a small bathroom and outdoor rain shower. Further you find in two corners the coffee and tea making facilities and the minibar, equipped with your favorite drinks, a wine chiller filled with our house wines, and a cocktail mixing kit.

The living room can be transformed into a second bedroom for up to three children.

While the Private Pool Villas consist of one bedroom and measure between 400 and 450 sqm, our Private Pool Twin Villas benefit to 650-700 sqm and more spacious private sundeck and larger pool.

## THE BANYAN HILL ESTATE

The private residence 'Banyan Hill Estate', measuring 1100 sqm is located on its very own private peninsula. It consists of a large open core and living area with adjacent infinity swimming pool, study, TV lounge, sitting area and a fully equipped kitchen where your private chef prepares every meal personally for you.

Three immaculately furnished detached bedrooms with antiques from all over the Indian Ocean, each benefiting from its own terrace, bathroom with a panoramic-view bathtub and a corner with coffee and tea making facilities.

## THE LITTLE EXTRA

A personal assistant will be assigned to each villa including a 24/7 private butler service, to assure customized and high-class service throughout your stay. With your personal Fregate Island buggys parked outside your villa, you have the possibility to discover the Island and experience your very own adventure.

## FREGATE HOUSE & THE MAIN AREA

Fregate House is the where life happens. Here you find the reception, our sea view restaurant, the library full of intelligently creative stories and an exquisitely decorated boutique. A 'taste to take you around the world' of fine wine in our cellar marks the perfect relaxed dining.

From here, start your evening at the Pirate's Bar or Anse Bambous Beach Bar, the center of the island's life, where you will always find someone idolizing the beautiful sapphire seaview.

From here you can also reach the two resort pools.

## RESTAURANTS & UNIQUE ISLAND DINING EXPERIENCES

The main restaurant is located in the open Fregate House and is characterized by a plantation style and casual elegance. It's a fine à la carte restaurant where you can dine while admiring the beautiful scenery of the clear blue ocean and the islands of Praslin and La Digue on the horizon.

Plantation House, back in the day, was the home of the former plantation owner before the island became the unique paradise it is today, so it is just the perfect venue for our weekly 'Creole Night'. Everyone comes together to enjoy the local cuisine while listening to traditional Creole music.

On Fregate Island, it is all about unique island dining experiences nearly anywhere and anytime you like.

If it's breakfast up high in the Banyan Tree House surrounded by singing Fairy Terns or a sunset cocktail on Mont Signal with a magnificent view, private picnics at one of our seven fairy-tale beaches, a candle-light beach barbecue or 'dine-and-wine' at the wine cellar, spoil yourself with an ever changing experience personally tailored and organized by your personal assistant.



## CULINARY PHILOSOPHY & THE GARDENS

Our cuisine is fresh from 'the garden to the table' and enriched with creative, customized dishes. The flavours of Fregate Island Private are a pure inspiration for our chefs, which have designed a perfect menu to satisfy all your desires. Regularly tasting menus or chef favorites' are our key to keep you spoiled all the way.

Let us spoil you with life cooking dinners by the Yacht Club or a barbecue by the beach. Make sure to address your culinary desires to your personal assistant and we will make sure, that you will travel on the most relishable journeys of taste!

More than 80% of our fresh ingredients are organic products from our own garden.

Our small island is fertile and bountiful, and we host one of the largest hydroponic systems in the Seychelles, so we are able to grow whatever our chef's desire to create the most colorful and tasteful dishes for you. Our farming style is very sustainable and we only use organic products to maintain pest control, as we don't use any pesticides or other chemicals.

Simon Love, our Agriculture Manager, loves taking you out on garden tours. He will be showing all aspects of the gardens and hydroponics as well as you will be able to taste all the fresh fruits and vegetables, that are growing on Fregate Island.

The tour ends at the historic Plantation House, where one of our local chefs already awaits you for a 'Creole Cooking Lesson' with all the fresh supplies from our gardens.

## CHILDREN

For all the little Pirates, our Castaway Trail leads through stunning parts of the jungle and even through Pirate's ruins where giant tortoises and many other wonderful animals and plants thrive. Besides the kidsclub there are many fun activities that are tailored for each of the little ones, such as will the meals tailored by our chefs to children friendly delicacy.

## SEVEN UNSPOILED BEACHES

The seven natural beaches, all with a brilliant sweep of powdery white sand, are located all around the island. There is even one beach that can be entirely privatized by flipping the 'Beach Occupied' sign and no other island guest will disturb you while sunbathing.

Whenever you arrive at one of the beaches, there is always a cooler box with iced drinks, towels spread on loungers, a fresh water shower and you can call your private assistant for anything more you wish. This is genuinely wild beauty with delicate light luxury.

Each beach has its own special character, from Anse Victorin that has excellent snorkelling just 15 metres off shore, Marina Beach is protected by a coral reef and always calm.

To reach Anse Park you walk through a jungle trail past giant tortoises heading to their mud bath. Anse Bamboo is just below Fregate House and has boogie boards and a beach bar for light lunch and crushed iced drinks. Grand Anse is our wildest and loveliest, you can hear the roar of the waves before you emerge from the jungle trail, order a cocktail and watch the magnificent sunsets. Anse Victorin has been voted the most beautiful beach in the world, but it is impossible to capture this panoramic place in words.

## THE ROCK SPA

The Rock Spa is a shaded sanctuary, a peaceful teak house on a granite hilltop with views across the rain forest canopy to the Indian Ocean. Treatments are created bespoke for The Rock Spa and we use many of the botanicals and fruits grown on the island. Guests can even collect the fruits and herbs in the gardens on their own to create a delicious treatment of natural beauty. An infinity pool hangs over lush greenery, why not float and look up at the soaring birds through the trees for a soothing relaxed moment to one of the natural spa treatments delivered with gentle professionalism.

## YOGA

Yoga class is held every morning (Monday to Friday) at 8.00 am. Join our instructor for a group session of morning Yoga up at The Rock Spa. Private sessions of your favorite type of Yoga at your favorite place, all around the island, can be booked with your private assistant.

## GYM

There is a well-equipped and air-conditioned gym that treats you with fantastic jungle views while working out. Personal trainers are available on request.



## ACTIVITIES

Lean back and let nature entertain you as giant tortoises continue on their progress, scarlet fodies dance over breakfast linen and fruit bats glide through the blue skies. You can fill every moment with island activities, with round the island races on hobie cats, scuba diving, deep sea fishing and exploring 11 km of forest trails teeming with indigenous wildlife. We have a well maintained tennis & basketball court and a volleyball field down by the marina. Whatever you do, we promise it will be designed to offer you an entirely private view of our pristine nature. We offer our guests three sports boats, a flotilla of two hobie cats, a professional PADI certified dive centre and we have our own private harbour with floating pontoon moorings. Our Conservation Team will love to take you out on a 'Turtle-Tagging-Mission' or on a Night Walk through our impressive Jungle.

## FREGATE ISLAND BUGGIES

With your personal Fregate Island buggy, you will have the possibility to discover the wonders of the Island on your own and experience on route adventures. The Buggy is an electrical powered golf cart and is parked outside of your villa, waiting for you to 'get on the road'.

## HIKING

There are over 11 km of trails criss-crossing our island, which you can walk, mountain bike or explore by golf buggy. A nature walk with one of our conservationists is an inspiring and encouraging journey into the island's ecosystem, giving you a deeper understanding of the role conservation plays in our island life.

## STARGAZING

Stargazing is a truly special occasion as there is no unnatural light pollution, from a hilltop vantage point to a boat on the sea or a sandy shore, we will guide you around the constellations of the Southern Hemisphere.

## GOLF & HELICOPTER TRIPS

As Golf enthusiasts, you don't have to stay somewhere else. We will arrange a helicopter and fly you to Constance Lemuria directly to enjoy the 15-hole golf course designed by Marc Antoine Farry & Rodney Wright.

We will be delighted to organize scenic flights with a helicopter or day trips to explore other islands of the Seychelles, to then return back to enjoy the benefits of your own private paradise.

## EXCURSIONS & CRUISES - EXCLUSIVE YACHT CHARTERS

For a brisk way to see Fregate Island and the surrounding islands, our powerboats can take you out on a day trip of your choice. With three sports boats it is easy to set off for an excursion across the sea early in the morning and to be back in time for dinner. A sunset cruise around the island, with Champagne and Canapés, is just the perfect way to end a day in paradise.

## BIG GAME FISHING

For deep sea fishing enthusiasts, we are the nearest island to the 'Drop Off' where the sea bed falls away to thousands of meters. Fishing along the abyss is some of the best in the world with frequent catches. This is the feeding grounds for Amberjacks, Yellowfin Tuna and Striped Marlin.

## SCUBA DIVING & PADI DIVE CENTER

The marine environment around Fregate Island is truly diverse and unspoiled, teeming with colour and dramatic topography. Get yourself out on a scuba dive with one of our dive instructors, who knows all the privately protected reefs. We also offer PADI certified diving courses for all levels.

## SNORKELLING

Snorkelling equipment is available for all guests and inclusive of the room rate. Get your gear and start exploring the underwater world from the shores or book a boat trip to nearby Little Fregate, where it is like being dropped into an aquarium.

## SAILING & NON-MOTORIZED WATERPORTS

There is sailing, advanced surfing and kayaking equipment, SUP boarding, Wake boarding, Inflatable tubing, Kite surfing and for optimistic children we offer windsurfing boards, water skis or banana towing.



## CONSERVATION

A splinter of the former supercontinent Gondwana, Fregate Island is home to a unique assortment of precious and fascinating flora and fauna, like the critically endangered Wrights Gardenia to the indigenous giant Tenebrionid beetle. We are dedicated to restoring the natural habitat and in recent years saved the Seychelles Magpie Robin from extinction, being one of our outstanding successes. We pay assiduous attention to sustainability, with around 80% of our produce grown from our bountiful island. Guests are always invited to participate in the conservation projects, observing free roaming Aldabra giant tortoises and exotic birds to assisting turtle hatchlings and cultivating sea coral.

The unique ecosystem on Fregate Island requires a careful management by our dedicated Conservation & Sustainability Team and Landscaping Team. The Conservation & Sustainability department oversees all aspects of the island's environment from habitat management, landscaping, biosecurity, pesticide use and scientific research as well as studies and projects in cooperation with different NGO's. Our research projects are carried out with the help of conservation volunteers and researchers. These volunteers assist with various scientific projects, from sea turtle monitoring to seabird nest counting. On a regular basis, we host research teams and students from local and international organizations and universities, to collect scientific data from the islands flora & fauna or to complete a study with us, as part of their college or university studies.

## ALDABRA GIANT TORTOISES

Young and old are delighted as they are welcomed by our charismatic Giant Aldabra Tortoises which roam freely across the wilds of the island. Bred from a population of 150 tortoises some 25 years ago to their current number of over 4,000, these ancient creatures are both symbols and witnesses of our unparalleled conservation effort. By setting up a nursery for the young ones, we can continue to monitor their development and do everything necessary to ensure they are well protected.

## SEA TURTLES

The sandy beaches of Fregate Island provide a vital nesting habitat for two species of sea turtles. The critically endangered Hawksbill Turtle and the endangered Green Turtle. The Seychelles remain one of the few places on Earth where Hawksbill turtles come ashore to nest during the daytime and every nesting season, from October to January, is our conservation teams ambition to safeguard and monitor the several hundred nests. You also have the chance to witness first-hand one of nature's true miracles, the sight of a female turtle laying her eggs on the shore or a turtle hatchling making its way to the ocean.

## CORAL RESTORATION

In 2018, as part of its long-standing Ocean Commitment program, Blancpain partnered with Fregate Island for an experimental coral restoration project on Fregate Island in collaboration with Coralive.org. Eight hundred storm-derived coral fragments were transplanted onto eight artificial structures situated at depths between 5 and 7 m. Four of these structures use the Mineral Accretion Technology (MAT), a method that applies safe, low voltage electrical currents through sea water, causing dissolved minerals to crystallise on structures, growing into a white limestone similar to that which naturally makes up coral reefs and tropical white sand beaches. The second group of four structures is not electrified in order to act as control. The project provides valuable research data, offering a unique possibility to measure in the same area the efficiency of MAT compared to classical techniques.

## FOR BIRDWATCHERS & THE MAGPIE ROBIN

Over one hundred species of birds find sanctuary on Fregate Island, with thirteen species taking up permanent residence here and 9 that are endemic to Seychelles. Every day at dusk it is a thrill to experience the sight of large flocks of beautiful Fairy Terns and Lesser Noddies gliding across the island as they return from their fishing expeditions. 30 years ago the Seychelles Magpie Robin was the second rarest bird in the world, the last twelve birds were found on Fregate Island. These charming, charismatic birds have since been subject to an intensive conservation project by our permanent on island conservation staff. Thanks to a program started in collaboration with "Birdlife International", they now number more than 200 on Fregate Island.

## SUSTAINABILITY

Sustainability is an ongoing process which we continuously thrive with a high effort.

With our solar water heating, electric golf carts, refillable amenities and reusable glass bottles for drinking water, we have created a perfect foundation. Plastic straws and all kind of plastic bottles have been replaced a long time ago and our Sustainability Team is monitoring our waste disposal, we have recycling system for our biodegradable products and all other recyclable products are shipped off to the main island for the recycling process. Our hydroponics exclusively use captured rainwater and with the 3 fresh-water springs we have on the island we produce our own drinking water, that is freshly bottled every two days in glass bottles. Our Sustainability Team is constantly working on new projects to improve our carbon footprint, reduce waste disposal and find even more alternative solutions.