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1. Geographical location

La Digue lies to the east of Praslin and west of Felicite Island. It is the third largest inhabited island of Seychelles and fourth largest granitic Island of Seychelles in terms of size. The Island has a population of 2,800 people, out of which majority reside in the west coast villages of La Passe and La Reunion. To visit La Digue from a foreign country, you need to fly down to Victoria and continue by ferry as there is no airport on the Island.



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2. Neighbouring cities/countries

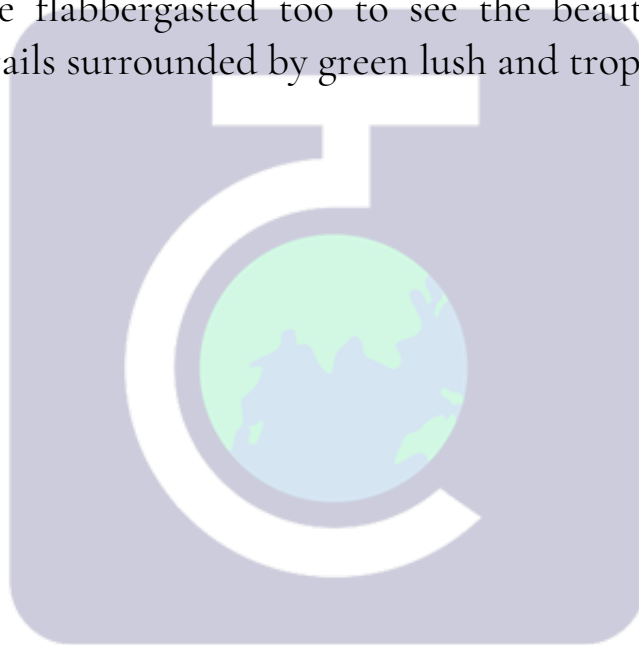
Felicite Island Is Sited At 5.2 Kilometers, Marianne Island Is Sited At A Distance Of 9 Kilometers, Praslin Island Is Sited At A Distance Of 10.9 Kilometers, Recifs Island Is Located At A Distance Of 26.9 Kilometers, Fregate Island At A Distance Of 27.2 Kilometers And Mahe Island Is Sited At A Distance Of 53.8 Kilometers From La Digue Island.



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3. Significance

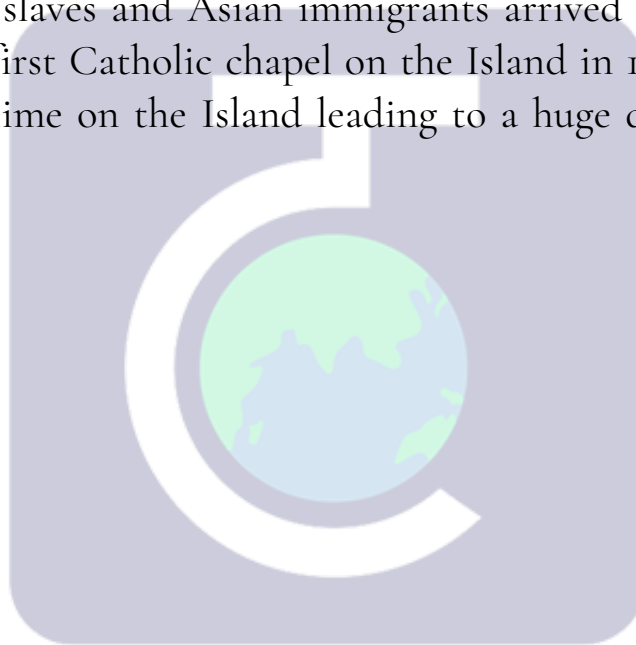
The Island of La Digue is known widely for its pristine beach by the name of 'Anse Source d'Argent'. Also, La Digue Veuve Reserve on the Island houses the rare species of black paradise flycatcher. The gushing blood in search of some adventure has got its fix here, in this city! For all the adrenaline junkies out there, the La Digue Island offers a plethora of water sports. Not just water lovers but nature lovers will be flabbergasted too to see the beauty of the city whilst exploring different trails surrounded by green lush and tropical vegetation.



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4. History

As per modern historians, Lazare Picault, a French navigator sighted La Digue in 1742, but it was unnamed until 1768. In 1789, the island was introduced to its first settler, when French colonists arrived with their African slaves. Out of which majority went back to France and some of those who were left, their names are till date carried by the dwellers. Later, more French deportees followed by a large number of liberated slaves and Asian immigrants arrived on the Island. Father Theophile built the first Catholic chapel on the Island in 1854. French colonists manufactured coral lime on the Island leading to a huge decline of the island's coral reefs.



Index**5. Cultural identity**

With a very limited population on La Digue Island, the Island's rhythm of life is as calm and easy-going as its traditional modes of transport: the bicycles and ox-carts. The dwellers of La Digue are called Diguois and they are effing warm and welcoming. They live a very simple and unsophisticated island life. You'll mostly find people in casual wear because only the churchgoers don up formal attire.



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6. Natural resources

La Digue in Seychelles is home to profuse fish, copra and cinnamon trees. The other natural resources found in the city are cinnamon, vanilla, sweet potatoes, coconuts, cassava, bananas and poultry tuna.



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7. Key site seeing places (paid and free)

7.1. Paid

7.1.1. L'Union Estate Farm

L'Union Estate Farm encompasses one of the most pristine beaches in Seychelles by the name of 'Anse Source d'Argent' and the cemetery of the original settlers of La Digue. Also, you can witness a traditional copra mill and a kalorifer along with a Plantation House framed by giant granite boulders in landscaped gardens.

Address : Kersley Alley, La Digue, Seychelles

Location : -4.363832699999999, 55.825755000000007

Contact : +248 4 234 240

Entry Fee : SCR 100 per person

Open & Close Timing : Daily: 07:00hrs-17:00hrs

Time Required : 2

Expected Wait Time : 10 minutes

Buy Ticket : No



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7.2. Free

7.2.1. La Digue Veuve Reserve

The only environment office in La Digue, the Veuve Information Centre manages both the Veuve Reserve and the environment of La Digue. Moreover, it renders information on La Digue's unique flora and fauna especially on the Paradise Flycatcher or "Veuve". Also, the forest serves as a shelter to about 15 pairs of the bird.

Address : La Digue Veuve Reserve, La Digue, Seychelles

Location : -4.357766199999999, 55.83116050000001

Contact : +248 2 78 3114

Open & Close Timing : Daily: 08:00hrs-16:00hrs

Time Required : 2

Buy Ticket : No

7.2.2. Grand Anse

Located around 4 kilometers or so from La Passe, the picture-perfect beach of Grand Anse is the longest one on the island of La Digue. It draws fewer visitors because of the efforts required to reach the destination. Swimming here is very risky due to the strong offshore currents during the southeast monsoon.

Address : La Digue, Seychelles

Location : -4.3737559, 55.843516599999993

Open & Close Timing : Daily: Open 24 hours

Time Required : 4

Buy Ticket : No

7.2.3. Petite Anse

Petite Anse is the sister beach to Grand Anse and can be reached by walking across the rocks from Grand Anse, following the footpath. It is a secluded beach on the island of La Digue. Swimming here can be dangerous but it's a good spot for sunbathing or picnicking.

Address : La Digue, Seychelles

Location : -4.370525499999999, 55.846714399999996

Open & Close Timing : Daily: Open 24 hours

Time Required : 4

Buy Ticket : No

7.2.4. Anse Songe

A 15-minute walk from Grand Anse Beach, Anse Songe is not quite a beach for sunbathing, snorkeling or swimming because getting into the water is a herculean task and you'll barely find any shade. But this beach is known widely for shelling. However, the regulations of the country don't allow you to bring any of the shells back home.

Address : La Digue, Seychelles

Location : -4.3789003, 55.8418000000000035

Open & Close Timing : Daily: Open 24 hours

Time Required : 4

Buy Ticket : No

7.2.5. Anse aux Cedres

Contrary to many other beaches on La Digue Island, the Anse aux Cedres beach is a picturesque and unique mix of different natural resources including rocks, corals, water, sand, seashells and cedar trees. At low tide, it has shallow water and at high tide, it has deep water. It draws very few visitors because it remains an unhyped attraction of La Digue. The beach is located 30 minutes from the Anse Union.

Address : La Digue, Seychelles

Location : -4.3830697, 55.838377499999998

Open & Close Timing : Daily: Open 24 hours

Time Required : 4

Buy Ticket : No

7.2.6. Anse Cocos

Located in the east of La Digue, Anse Cocos beach lies along the coast from Petite Anse and is a 30-minute walk from Grand Anse. The very first settlements on La Digue, Anse Cocos used to be a small village and a large production house of Copra. Presently, there is a lack of facilities on the beach. Nonetheless, the unique features of the beach make a visit here worthwhile. You can spend a whole day

here by sunbathing and paddling in the sea.

Address : La Digue, Seychelles

Location : -4.365046, 55.852457

Open & Close Timing : Daily: Open 24 hours

Time Required : 4

Buy Ticket : No

7.2.7. Anse La Reunion

Located on the west coast of La Digue, the Anse La Reunion is one of the best beaches in the city considering the safety factor, water sports and accommodations. The beach offers you an array of excellent facilities and services and spending a vacation here is worthwhile. The icing on the cake is its simple and easy access to the beach.

Address : La Digue, Seychelles

Location : -4.359532, 55.825420000000001

Open & Close Timing : Daily: Open 24 hours

Time Required : 4

Buy Ticket : No

7.2.8. Anse Severe

What's a trip to the city of beaches if you haven't experienced sunset by holding your significant other's hand? Anse Severe is one of those beaches which will let you experience the same without any disappointment. Enjoy the serene environment with your partner here at Anse Severe. The beach is famous for a number of reasons, and topping the list is the perfect view of the sunset: blazing, yet calm. Also, there is a tiny snack shop and bar at the northern end of the beach along with a small boutique. You can spend your whole day strolling, sunbathing, swimming, paddling and snorkeling.

Address : La Digue, Seychelles

Location : -4.340195099999999, 55.831105999999998

Open & Close Timing : Daily: Open 24 hours

Time Required : 6

Buy Ticket : No



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8. Key sites sports & adventure

The adrenaline blood in you has got its fix here, on La Digue Island. You cannot simply afford to miss out on the water sport activities on the magnificent beaches of this Island. Snorkeling, swimming, surfing, diving and horseback riding are a must try here, on La Digue Island.

- **Diving -**

Address : La Digue Island Lodge, L'Union Estate, Seychelles

Location : -4.3636262,55.8253991999999

Contact No : +248 229 2525

Website : <http://www.ladigue.sc/diving.php>

Entry Fees : SCR 100 per person

Open / Close Time : Daily: 08:00hours-17:00hours

Time Required : 3

Wait Time : 15-20 minutes

- **Snorkeling -**

Address : Coco, Felicite and Sisters Islands

Location : -4.3484064,55.8319186999999

Contact No : +248 251 55 57

Website : <http://www.excursionsladigue.com/>

Entry Fees : Half day trip: 789.36 SCR per person Full day trip: 1578.72 SCR per person

Time Required : 2.5

Wait Time : 15-20 minutes

- **Big Game Fishing -**

Address : Maki shop, Anse Reunion, La Digue, Seychelles

Location : -4.35248,55.8269754

Website : <http://en.seyvillas.com/fishing-tour-jonathan-big-game-fishing>

Entry Fees : SCR 5000 for 4 people (In case of 1 reservation too, the same prices are applicable)

Open / Close Time : Monday to Thursday: 10:00hours-18:00hours Friday: 10:00hours-16:00hours Saturday & Sunday: Closed

Time Required : 1

Wait Time : 10 minutes



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9. Adventure sports, Local sports, stadiums

The Seychellois play football, cricket, basketball, rugby and volleyball with great enthusiasm and high spirits. Athletes are encouraged to participate in various athletic events around the world. Apart from land-based sports, other water sports enjoyed by the Seychellois are swimming, snorkeling and surfing.



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10. Spas and relaxation

What's a trip to the island of La Digue without indulging into some mind and soul rejuvenating hammam massages, spa and fitness treatments?! Unwind between the tropical vegetation, sandy beaches and lush greeneries here at L'Union Estate and La Passe.

- **Eden Rock Wellness Centre & Spa:**

Address : Le Domaine de L'Orangerie Anse Severe, La Digue, Seychelles

Location : -4.345247,55.831246999999996

Contact No : +248 429 99 99

- **La Digue Island Lodge Spa:**

Address : L'Union Estate Chalets, La Digue, Seychelles

Location : -4.3636262,55.825399199999999

Contact No : +248 4 297 000

11. Events calendar

Month

Events

Seychelles Eco-Friendly

Seychelles Eco-Friendly

Marathon is organized on the last Sunday of February every year. It provides a great platform to the marathon runners across the globe.

Independence Day

Independence Day is celebrated on June 29th with lots of flag waving, dancing, singing and folklores.

Feast of the Assumption

Feast of the Assumption is celebrated on 15th of every August. It's a religious holiday and has always been a special event attracting people from all over the archipelago.

Christmas

Christmas is celebrated with high spirits on the island of La Digue.

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12. Key local guides and tours

It is advisable to discover the Island of La Digue with the help of a local tour and local guide. You can't have enough of the Seychelles' vibrant culture mix and idyllic beaches. There are many tour operators on the Island of La Digue which offer tailor-made day tours, adventure trips, sport activities, sea cruises and excursions around the Island. Some of which are Creole Travel Services, 7° South, Pure Escapes, Elite Club and Select-Seychelles. With a very limited options of four wheeled communication, bicycles and ox-carts come to your rescue on the Island of La Digue.



Index**13. Transportation hubs**

Ferry Port: La Digue Ferry Harbor is a transportation service provider which offers fast ferry services connecting La Digue, Praslin and Mahe Islands in the Seychelles. A one-way ferry ride in economy class from La Digue to Mahe via Praslin would cost you around 56 Euros and a round trip would cost you around 110 Euros.



Index**14. Transportation cost**

Taxis: There are only a handful of taxis on the Island of La Digue leading to skyrocketing prices for taxi. A half day trip would cost you around SCR 1300 and a trip to the beach would cost you around SCR 350. Bikes: The most affordable option to explore the island of La Digue is either renting a bike or a ride on ox-cart. Renting a bike would cost around SCR 100 for a whole day.



Index**15. Baggage allowance**

No extra amount is charged for carrying your luggage in the local buses of Seychelles. But it is recommended to travel with less baggage and carry a backpack only whilst exploring the city.



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16. Must try food and local savouries

A trip to Seychelles is incomplete without indulging into some mouthwatering traditional Creole cuisine. Also, try out different species of bananas. And some freshly caught fish and seafood is something that you really cannot afford to miss!



17. Restaurant & Nightlife

The La Digue Island offers you with several Creole take-away / take-out restaurants serving fish, rice dishes, pork and curry. If you intend to have a non-adventurous dining experience, then the city do offer some pricey resort style restaurant which serve Western style meals, as well as seafood. Well, don't forget to grab some ice-cream from a small gelato shop in south of town on the main road.

Food -

The La Digue Island offers you with several Creole take-away / take-out restaurants serving fish, rice dishes, pork and curry. If you intend to have a non-adventurous dining experience, then the city do offer some pricey resort style restaurant which serve Western style meals, as well as seafood. Well, don't forget to grab some ice-cream from a small gelato shop in south of town on the main road.

- **Chez Jules Restaurant:**

Address : Unnamed Rd, La Digue, Seychellen, Seychelles

Location : -4.3530975,55.847951999

Contact No : +248 4 234 287

Open / Close Time : Daily: 09:00hours-18:00hours

- **Fish Trap Restaurant & Bar:**

Address : Unnamed Road, La Digue, Seychelles

Location : -4.349347900,55.828533099

Contact No : +248 2 636 100

Website : <https://www.facebook.com/www.fishtraprestau.sc/>

Open / Close Time : Daily: 07:30hours-23:00hours

- **Gala Takeaway:**

Address : Anse Reunion, La Digue, Seychelles

Location : -4.3565315,55.828201199

Contact No : +248 2 525 951

Open / Close Time : Daily: 10:00hours-20:30hours

- **Le Repaire Restaurant:**

Address : La Reunion, La Digue, Seychelles

Location : -4.3533347,55.826587900

Contact No : +248 2 530 594

- **Gregoire's Pizzeria:**

Address : L'Union Estate Chalets, La Digue, Seychelles

Location : -4.3636262,55.825399199

Contact No : +248 4 297 000

- **Zerof Restaurant:**

Address : Anse Reunion, La Digue, Seychelles

Location : -4.3567544,55.832551100

Contact No : +248 4 23 44 39

Open / Close Time : Daily: 08:00hours-22:00hours

Index**18. Average meal cost**

Economical meal: SCR 30.00 – SCR 80.00 Mid-segment restaurant: SCR 100.00 – SCR 150.00 for lunch and SCR 150.00 – SCR 200.00 for dinner Luxury dining: SCR 250.00 – SCR 400.00



Index**19. Shopping**

Many gift shops can be located on the Island of La Digue and most of them are right by the port. These shops render many usual gifts of Seychelles but you can't simply miss out on an opportunity to buy vanilla beans which are grown on the island itself. A pack of 9 beans would cost you around SCR 50.



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20. Tourist benefits

On most goods and services in Seychelles, 15% is the standard rate of Value Added Tax which is charged. If you have proper VAT invoices of the purchase of any of the following items then you are eligible to claim VAT refund. The goods include the following:

- Article or jewelry of precious metals
- Article of natural or cultured (farming)
- Precious or semi-precious stones (Natural or synthetic)
- Silk, wooden, dhurries and chain stitch carpets
- Crafted artifacts, arts or sculpture
- Manufactured fragrance or perfume
- Manufactured toiletries or fashion accessories
- Cosmetic items
- Accessories including hand bags, hats/caps, backpacks, shoes and sunglasses
- Technological and electronic devices.

To claim the refund, it is mandatory to purchase the items from a VAT registered vendor. The goods purchased along with the foreign passport, flight ticket (or boarding pass) and VAT invoices need to be presented to Customs for inspection. The customer officer when satisfied will endorse all invoices with a stamp and these endorsed invoices need to be proceeded to the Seychelles Revenue Commission (SRC) Counter at the airport. Thereafter you are issued a receipt and after signing it you need to get it stamped by the SRC officer. Present the same at the payment counter and you'll be entitled your refund. An administrative fee of SCR 150 is imposed per claim of a VAT refund.

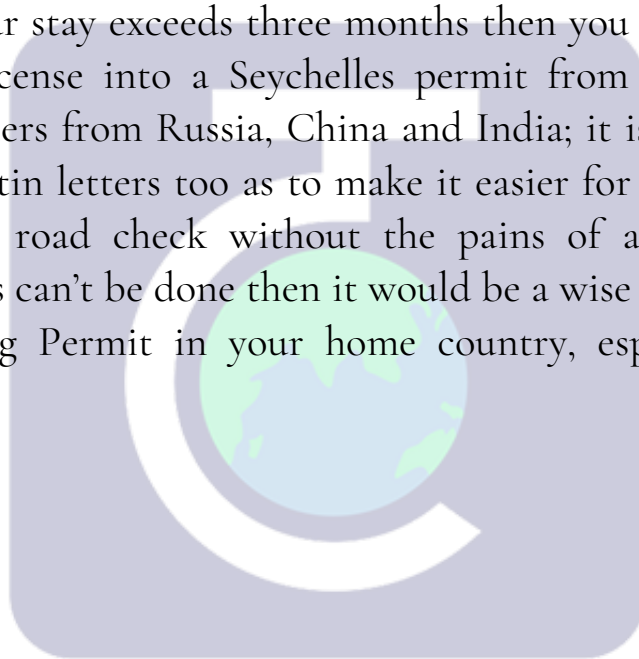
21. Essential local apps

To know the eensy-weensy of the La Digue Island, download Seychelles Digital Brochure. To notify your Facebook friends if something goes wrong, download Yalahwy and your friends will mobilize to come at your rescue.



22. Driving

Left hand side driving is done in the city and preference is given to the vehicles coming from the right. It is mandatory for both driver and front seat passenger to wear seatbelts. Driving here is much disciplined. So do get an insight of traffic rules before getting your vehicle on road. If your stay in the city is planned for three months then you can use your National driving license to drive a vehicle on the Island. But if your stay exceeds three months then you need to convert your National Driving License into a Seychelles permit from Seychelles Licensing Authority. For travelers from Russia, China and India; it is advisable to get the license written in Latin letters too as to make it easier for the person to read it during any possible road check without the pains of acquiring any special language skills. If this can't be done then it would be a wise decision to obtain an International Driving Permit in your home country, especially if you are a fernweh.



Index**23. Travel essentials**

When travelling to Seychelles, make sure that you pack a travel adaptor or portable charger. Seychelles uses the British standard square three-pin, 13 amp sharp electric plug. The voltage throughout the country is 220-240 volts AC 50 Hz.



Index**24. Essential clothes**

When travelling to Seychelles, make sure that you pack a travel adaptor or portable charger. Seychelles uses the British standard square three-pin, 13 amp sharp electric plug. The voltage throughout the country is 220-240 volts AC 50 Hz.



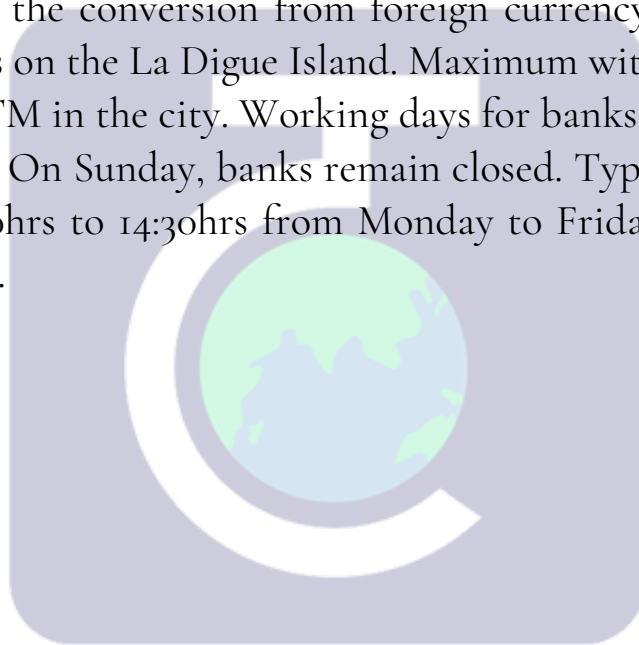
Index**25. Local currency**

Seychelles Rupees is the official currency of Seychelles. It is denoted as either SCR or Rs. 1 USD = 13.2480 SCR



Index**26. Change vendor's commission, ATM charges**

Authorized banks and Bureau de Change remain the best source of exchanging currency. Nonetheless, one can change currency at hotels too. Also, for convenience, private exchange agencies are located in the city. Hotel bills must be paid in foreign currency (in the form of cash, debit or credit cards and traveler's cheque). You are allowed to pay in local currency only if you can show exchange receipt as a proof of the conversion from foreign currency into local currency. ATMs are ubiquitous on the La Digue Island. Maximum withdrawal limit is SCR 15,000 at Barclays ATM in the city. Working days for banks in La Digue are from Monday to Saturday. On Sunday, banks remain closed. Typical banking hours of banks are from 08:30hrs to 14:30hrs from Monday to Friday and its 08:30hrs to 11:30hrs on Saturdays.



27. Staying connected

Cable & Wireless and Airtel are two GSM networks which are operational in Seychelles. CDMA networks are not yet supported in the country. Travelers can avail the services of payphones too in most of the districts on the inner Islands. An airtel sim card can be bought at the airport for free of cost. After buying the sim you can get airtime by visiting any of the small shops near the cafeteria just outside the airport. To activate your sim card, you need to ensure that it is not locked by your HKG network operator. Cable & Wireless offers prepaid broadband vouchers too. You can buy a voucher for SCR 25 to consume 50MB data. A voucher for SCR 300 can be bought too to consume 1GB data. The Station Hotel provides with iSurf internet facilities and by getting a recharge with predefined 3.75G cellular internet packages, you can use internet by enabling apps like Whatsapp, Skype, Viber and any other communication app that you prefer. To avail all the communication facilities in Seychelles you need a copy of your passport and your original passport.

28. Time Zone

Seychelles Time Zone: UTC+04:00



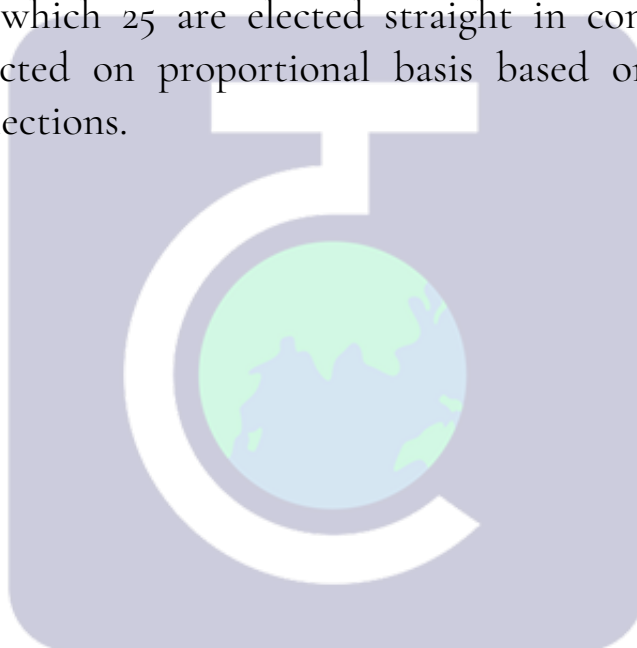
29. Languages

Creole, English and French are the three official languages of La Digue. Also, Italian and German is practiced by a small minority on the Island.



30. Political Scenario

The Republic of Seychelles has a multi-party system since 1992 and the head of government, i.e. the President heads both the government and the state. The council of ministers are appointed by him as per the present constitution which was stipulated in 1993. Elections are held in every five years to elect the chief of the government and the legislative power is entrusted in a National Assembly of 32 members out of which 25 are elected straight in constituencies with the remaining being elected on proportional basis based on the results of the National Assembly elections.



31. Economic Scenario

The economy of La Digue is heavily dependent on tourism as the Island is known widely for its beaches, especially Anse Source d'Argent and Grand Anse. Due to a heavy increase in the tourist sector in the previous century, the Island has impacted the economy of the country heavily. Copra and vanilla production were backbones of the local economy in past, which are now observed in the Island's museum.



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32. Religious belief

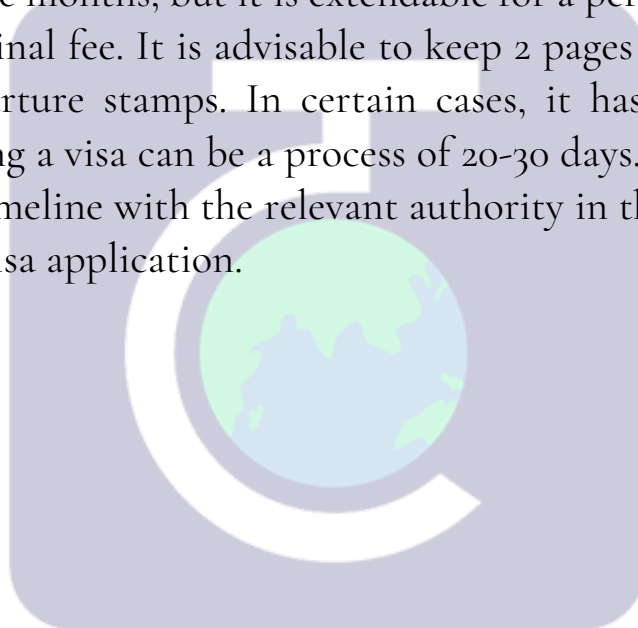
Roman Catholicism remains the dominant religion of Seychelles comprising around 90% of the population of Roman Catholics. Around 8% of the population is of Anglican too. There are worship places of other denominations too which includes Muslim, Hindu and Bahai communities.



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33. Visa requirements

Seychelles is a VISA-free country, that is, none of the foreign nationals visiting the country needs a VISA. They are granted VISA free access to the country. On arrival to Seychelles, a visitor's permit is issued for free of cost to a person who comes either for a leisure trip or a business trip. All you need is a valid passport, return or ahead ticket, proof of accommodation and adequate funds. This permit is valid for up to three months, but it is extendable for a period of 3 more months by paying some nominal fee. It is advisable to keep 2 pages free in your passport for arrival and departure stamps. In certain cases, it has been observed that applying and receiving a visa can be a process of 20-30 days. Hence, it is essential that you check the timeline with the relevant authority in the country where you intend to make the visa application.



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34. Essential vaccination

Every traveler should be up-to-date on routine vaccinations before every trip. These vaccinations include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine and your yearly flu shot. Inoculations against Hepatitis A, Hepatitis B and tuberculosis are recommended. Also, travelers over 1 year of age arriving from countries with risk of yellow fever transmission and travelers who have transited more than 12 hours through the airport of a country with risk of yellow fever transmission need to possess yellow fever vaccination certificate. It is necessary to show the certificate on arrival.



Index**35. Theft and Safety**

The level of crime in La Digue, Seychelles is relatively low than other African countries. But it is advisable to take reasonable precautions as opportunist crime does happen and a person would never ever leave a tempting opportunity to steal. Take care of your belongings and never leave it unattended. Don't carry large sums of money or valuables whilst exploring the city. Always buy your tours from a licensed operator and refrain from proposing rides to strangers.



Index**36. Embassy/Consulate**

To know more about foreign embassy consulates in Seychelles, click here
<http://embassy.goabroad.com/embassies-in/seychelles>



37. Accessibility

The Island of La Digue is “differently-abled” friendly. It offers an array of disabled accessible hotels and resorts. Also, majority of the beaches of the Island are accessible on a wheelchair.



Index**38. Emergencies**

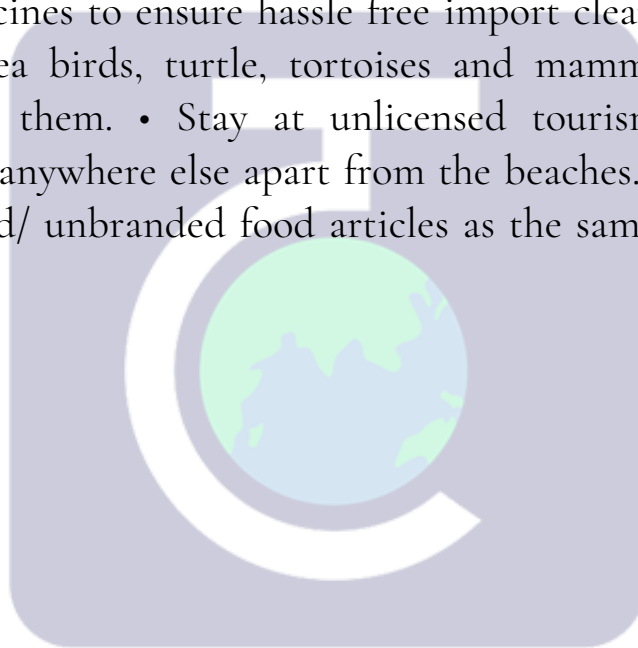
- To reach out to police and Seychelles fire and rescue services, dial 999.
- Dial 151 for any medical help in Seychelles.
- Hospitals The city of Victoria serves with various medical facilities and call-out doctors are available too on request from accommodation establishments and island resorts. Logan Hospital NOTE: All health insurances and travel insurances are accepted here.



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39. Do's and Don'ts

Dos • Greet everyone and shake hands with the people you meet on La Digue Island. • Carry minimum cash and valuable items whilst exploring the Island. • Always keep an eye on your luggage when moving places. • Apply sunscreen before getting sun tanned. • Be mindful whilst dealing with flora and fauna. Walk carefully on the reefs. • It is advisable to carry a certified doctor's prescription along with the medicines to ensure hassle free import clearance. Don'ts • Litter around. • Disturb sea birds, turtle, tortoises and mammals or their nesting grounds by feeding them. • Stay at unlicensed tourism premises. • Wear swimming costumes anywhere else apart from the beaches. • It is advisable that do not carry unsealed/ unbranded food articles as the same may be banned for import.



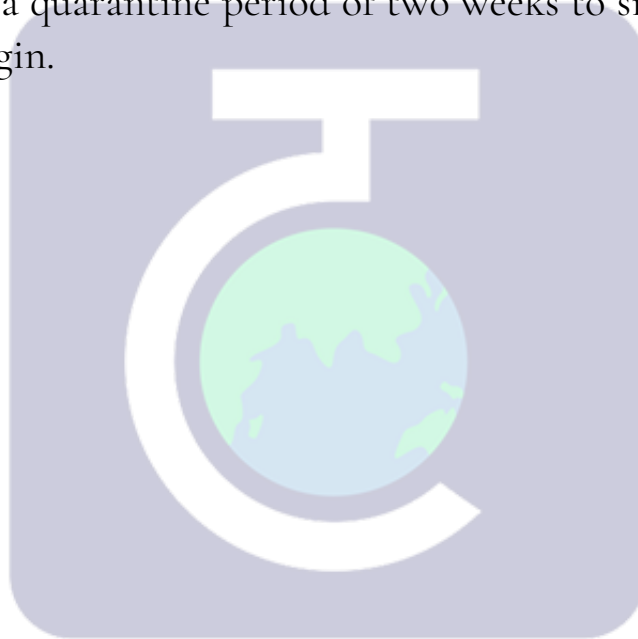
Index**40.Tipping basics**

It is not mandatory to tip on La Digue in Seychelles as most of the hotels, restaurants, taxis, porters etc. charges include a 5% to 10% service charge or what we call is “tip”. Thus, resulting into no obligation of tipping in Victoria, Seychelles. However a nominal tip is always warmly received by the Seychellois as a reward for rendering exceptional services.



Index**41.Pet info**

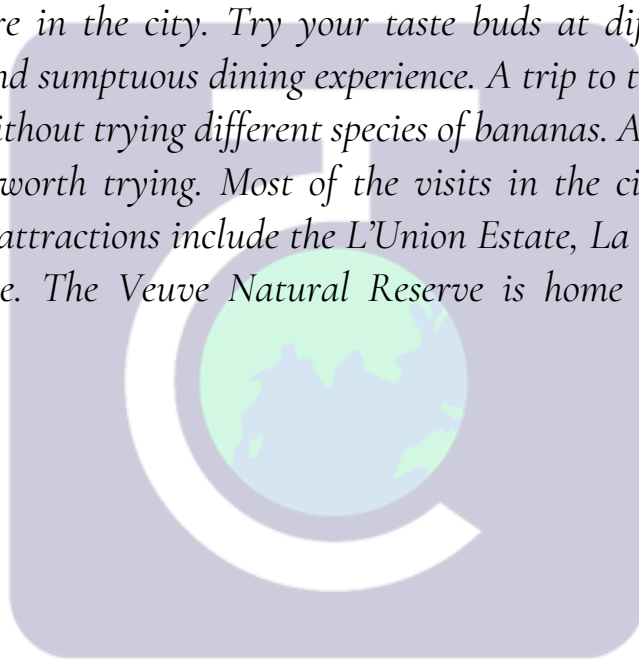
La Digue Island in Seychelles does not permit the entry of any kind bird species at all and pets less than six months are not accepted either. All cats and dogs entering the Island need an Import Permit issued by the Veterinary Services. Also, they are required to possess all valid vaccination records including proof of Rabies inoculation and a Veterinary Health Certificate. These pets will be indebted to undergo a quarantine period of two weeks to six months, depending on the country of origin.



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Conclusion – Why to select this destination

Seychelles is a perfect option for leisure trips which includes splendid beaches, luxury resorts, aquatic delights and ecotourism & wildlife spotting. The beauty of the Island of La Digue lies in its white sandy beaches, turquoise water, scorching sunsets and green jungles. All these together make everything around so surreal and bizarre. The Island reflects the authentic traditional Creole culture. You can't simply get enough of the Creole cuisine and architecture in the city. Try your taste buds at different restaurants and indulge into some beyond sumptuous dining experience. A trip to the Island of La Digue is definitely incomplete without trying different species of bananas. Anything and everything with bananas in it is worth trying. Most of the visits in the city are into the talcum powder beaches. Other attractions include the L'Union Estate, La Digue's tallest peak and Veuve Natural Reserve. The Veuve Natural Reserve is home to rare black paradise flycatcher.



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