

What to do on Fregate Island Private?

Conservation program activities

Fregate is today home to a unique assortment of exotic and precious flora and fauna. The ongoing preservation and protection of Fregate's ecosystem is one of our proudest achievements, and is the reason why the island today remains home to such an amazing biodiversity. We are fully dedicated to maintaining and sustaining a balance between the needs of the island's natural habitat and yours.



Our Nature Walks with our resident Conservationists are a highly inspiring and encouraging journey into the island's ecosystem that give you a deeper understanding of the role conservation plays in our island life. You are also more than welcome to assist and observe them in some of the field work they do, for example, searching for tiny sea turtle hatchlings emerging from their nests or checking nest boxes for eggs or chicks. At the nursery for the young ones, you can monitor their development and observe the work of our ecologists necessary to ensure they are well-protected. In our Tortoise Adoption program you can also make a valuable contribution to protecting and sustaining the island's flora and fauna.

The sandy beaches of Fregate Island provide vital nesting habitat for two species of sea turtle: the critically endangered Hawksbill Turtle and the endangered Green Turtle. Every nesting season from October to January, you 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.

Nature Experiences

At 125 meters above sea level, the highest point of the island is Mont Signal where you can enjoy a panoramic view of the island's jungle, beaches, granite rugged outcrops, ocean and the neighbouring islands. With over 10 km of roads and winding mountain trails all over the island, you can comfortably explore its incomparable scenery and beauty with your own electric buggy, on foot or alternatively you may also take one of our mountain bikes. Our Stargazing program lets you explore the night sky. Further, we can make arrangements for helicopter rides to other islands where you can explore more of the beauty from the Seychelles. We can take you also on golf excursions, to Mahé and Praslin with nine to 18 holes.





FREGATE ISLAND PRIVATE SEYCHELLES

Water Sports activities

The Indian Ocean is a treasure trove for sports and activities. The marine environment around Fregate Island is truly diverse and unspoiled, teeming with colour, dramatic topography and excitement. If you wish to scuba dive by day or night, our diving staff knows all the best spots and we offer PADI certified diving courses for all levels. For deep sea fishing enthusiasts, we have a game bank nearby. If you wish to sample an authentic taste of Seychellois lifestyle, why not go on a trip with one of the local fishermen.



Inland Harbour – Yacht club

Your dive trips, deep sea fishing tours, sunset cruises and Seychelles island safaris all set off from here. Fully protected from unauthorized access and harsh weather conditions, the inland harbour in our lagoon is the first port of call for a wide variety of adventures on water. We offer a range of sailing, surfing and kayaking equipment - from Hobie Cats to optimists for children, windsurfing boards, water skis or banana towing. And for a brisk way to see Fregate and the surrounding islands, our seaworthy powerboats can take you out on a day trip of your choice.

Rock Spa

Our line of Rock Spa products complements our range of treatments and therapies perfectly. The air-conditioned gym facility by the Rock Spa is open for your workouts, including a personal trainer if required. Our resident instructor offers yoga lessons at any time of the day.

Dining Experience – Anytime, Anywhere

On Fregate Island, we want you to have dinner where ever you want. The island's individual spots all add their own touch to your dining occasion.

Besides dining in our restaurants and bars, you can explore dining in our Treehouse high up in one of the islands oldest and largest banyan trees or in the Yacht Club. When you sit down to dine in our plantation, you choose your ingredients together with our Chef de Cuisine from a wide variety of exotic vegetables, herbs and fruits.

On our Sunset Cruise or Sashimi Picnic we take you out on water in one of our boats. And on Mont Signal, the highest point on Fregate Island, you can enjoy also an early evening cocktail.

