

ECO-GUIDE TO FOUR SEASONS RESORT SEYCHELLES



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introduction

Welcome to Four Seasons Resort Seychelles. Nestled in the picturesque Petite Anse bay on the island of Mahé, this is a perfect place to begin your discovery of the stunning natural environment of Seychelles.

The Resort is built in and around a slope of granite boulders and forest, fringing the beach and the coral reefs beyond. As is common in most coastal areas of Mahé, a small freshwater wetland can be found between the beach and the forest, collecting water running off from the mountain during rain showers. The forest, wetland, beach and reef together create a fascinating environment to explore and experience the flora (plants) and fauna (animals) of Seychelles.

In this guide, you will find information to enhance your discovery of the environment at Four Seasons Resort Seychelles including:

Part 1

Your Eco-Holiday at Four Seasons Resort Seychelles

- Seychelles' shift towards sustainability – a national context
- A list of eco-tips to guide our guests towards an eco-friendly vacation
- A list of eco-friendly leisure and sports activities available on and off-site
- A description of the work being undertaken by the Resort to become more sustainable
- A green site map of the Resort

Part 2

A Nature Lovers' Guide to Four Seasons Resort Seychelles

- An illustrated field guide to some common plants and animals that can be found around the Resort

our commitment to sustainability

Four Seasons Resort Seychelles is committed to achieving sustainable practices to conserve natural resources and safeguard the local environment.

Becoming more sustainable means that our Resort must continually try to improve our performance on issues like:

- reducing waste and pollution
- setting up a system for waste sorting and recycling
- conserving energy and water
- protecting and enhancing habitats and wildlife on the property
- engaging with the local community

It also means providing opportunities for our guests and our staff to learn more about the local environment around the Resort and encourage them to help us protect it.

We work in partnership with local environmental organisations that can help us along our journey toward sustainability. WiseOceans provides training for our staff in marine education and conservation and provide snorkeling and other marine discovery experiences for our guests. Sustainability for Seychelles (S4S) provides guidance on reducing energy, water and waste at the Resort and helps us to connect with other environmental groups in the local community of Baie Lazare. We also work closely with our local school and library in Baie Lazare to provide opportunities to students and young people, to learn more about their local environment and access to information and resources to ensure the future protection of our incredible natural resources.



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Seychelles' shift toward sustainability

As a small island developing state, Seychelles is extremely vulnerable to global environmental problems like climate change and pollution. The country is doing its part to protect the environment – through environmental laws, education and awareness programmes and the establishment of a large network of protected areas that add up to 51% of its total land area which is only 455 km².

With limited land area for landfills and increasing economic development, finding practical ways to reduce, re-use and recycle waste is another major challenge the country is facing today.

Local businesses, including the tourism industry are also demonstrating increasing commitment to sustainability, examining the impact of their operations on the environment and taking steps to reduce energy, water and waste and contribute toward national environmental campaigns.

Four Seasons Resort Seychelles is part of this shift towards more sustainable ways of doing business in Seychelles.

We are one of the flag carriers of this message and our aim is to be a benchmark for other hotels on the islands, not only in environmental education and conservation but also our proactive approach to ensuring the balance of guest experience and sustainability is met.



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eco-tips for our guests

Helping to protect the environment is everyone's business. Our Green Option Initiative allows you to opt in. Here are a few eco-friendly actions you can consider taking while on vacation at the Resort:

1. Be energy wise - Conserve energy by turning off lights and air conditioners (AC) when you leave your room. Keep the windows and doors closed when the AC is on.
2. Be water wise – Leave the Coco De Mer card on your bed so we change your sheets every three days, instead of daily. Take short showers instead of bath and turn the taps off when not in use. Let our Housekeeping team know if you'd like to use your towels a few times before putting them in the laundry. They will dry in minutes outside on a sunny day.
3. Watch your waste - Place your plastic bottles and drink cans next to a bin and someone will collect them for recycling. You can also take your batteries home with you.
4. Eat local – Locally produced foods have a lower carbon footprint, plus they are fresher and more nutritious. Be sure to try out some of the local specialties in our restaurants or during your outings beyond the Resort.
5. Discover Seychelles - Seychelles has a wide range of nature experiences on offer: marine parks, nature reserves, gardens, mountain trails, beaches etc. We have great local guides who will ensure you get the most out of your stay in Seychelles. Remember to take home only photographs.
6. Support the local economy - Buy locally made crafts and other souvenirs. Avoid buying shells, corals, shark jaws or other souvenirs that degrade natural ecosystems.
7. Donate €1 per night to the Green Fund - Support our work to raise awareness and conserve nature in the Seychelles.



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eco-friendly leisure and sports activities around the resort

Four Seasons Resort Seychelles is nestled in the perfect environment for discovering the fauna and flora of the Seychelles islands. Whether you're up for a vigorous hike or dive, or prefer a leisurely stroll around the grounds, you are sure to be treated to a close encounter with nature. Here are some of the top eco-friendly activities to try out:

Hiking and jogging along the roads and paths

The steep terrain provides a good workout and great views make for amazing photo opportunities! If you'd like a guide then please contact Concierge, who can arrange a running buddy for you.

Scuba diving and snorkelling

Explore the sparkling blue ocean and all of its natural treasures with our friendly and knowledgeable WiseOceans team. Depending on the time of year, you might find yourself swimming with sea turtles only a few metres from the shore!

Non-motorised water sports

A variety of eco-friendly water sports are available on site to help you discover the marine environment while keeping fit. Try your hand at surfing, sailing or stand-up paddle boarding. While out there, keep a look out for interesting wildlife like seabirds, turtles, rays and even dolphins!

Bird watching

Although you can do this from anywhere in the Resort the freshwater wetland behind the beach is a particularly beautiful spot to see shorebirds, seabirds, songbirds and waders.

Nature safari

Explore the beach, wetland, forests, roads and paths around the Resort to observe a wide variety of plants and animals in their natural habitat. Use part two of this booklet to learn more about what you see along the way.

Landscaping tour

Our site used to be a fruit plantation, and you can see how many of the trees were maintained on site as you drive around. Pick fruits such as Mango, Starfruit, Jackfruit, and Noni, whilst learning about their uses in cooking, spa and healing. Speak to the Concierge to book this free tour.

Turtle watching (September to March)

The Petite Anse beach is a nesting site for the hawksbill turtle. Watch out for fresh tracks when strolling on the beach especially during the peak season from November to January. We also sometimes see baby turtles that wash up on shore due to weather or tides. Please remember not to disturb, obstruct or touch the nesting turtles and inform the WiseOceans team immediately of any encounters.

Tortoise watching

There is a tortoise pen at the end of the wetland area near the beach, where you can observe our resident Giant Aldabra tortoises as they eat and rest. Their lineage dates back some 2000 million years, making them the oldest living species on earth. Some individuals enjoy having their neck stroked (like a cat or dog!). Take time out of your vacation to meet our resident living dinosaurs.



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discover the marine environment with WiseOceans

WiseOceans is a global marine conservation and education company that employs three core strategies, striving towards a global future with healthier oceans: to educate, to conserve and to involve. Four Seasons Resort Seychelles has been working with WiseOceans since 2012 establishing environmental projects to help protect the local marine life. These include the study and protection of coral, monitoring nesting and hatching turtles, and marine education programs for staff, guests and the local community. We share our research with the Ministry of Environment, Climate Change and Energy, local NGOs, and global organisations such as CoralWatch.

WiseOceans' resident Marine Educators carry out daily marine awareness activities for the enjoyment and education of Resort guests, including guided snorkels, marine life talks and 'ocean fun' in the kids' club.

The Petite Anse Reef Restoration Project

Launched in 2015, the Petite Anse Reef Restoration Project is a brand new and innovative approach to coral reef restoration, born of a desire to help the house reef of Four Seasons Resort Seychelles to return to the thriving coral reef ecosystem that it once was.

Believing that education is the way to a better future for our seas, the Project also aims to increase knowledge and awareness of coral reefs and the threats they face.

We begin by collecting 'corals of opportunity'. These are broken coral fragments scattered on the sea floor, damaged by the actions of waves, fish, snorkelers, boat anchors etc. At times we also snip fragments from live coral colonies – this means that we can propagate corals of certain species to maintain genetic diversity, as well as propagating coral colonies which have proved to be resilient to stressors, such as changes in water temperature.

The coral fragments are taken to our coral nursery, the key sustainable source of coral fragments for our Project, but first they must visit the Marine Biologists working at the beachfront Coral Cabana.

The coral fragments in our Coral Cabana are carefully and securely attached to a solid surface, such as a small piece of steel which will become their new, portable home.

The portable coral fragments are taken back into the sea and placed in our coral nursery. Here they are safe from predators and grazers and can grow bigger and stronger. After a few months or so, they can be transplanted out to the Petite Anse reef where they will forever remain, restoring a thriving reef community.

The Resort has created a Green Fund to support the conservation work at Petite Anse and the Seychelles environment. Please contact reception for information about how to make a donation and how the Green Fund is used to support environmental programmes at the Resort. Any size of donation is welcome!



GREEN SITE MAP OF FOUR SEASONS RESORT SEYCHELLES



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a nature lovers' guide to Four Seasons Resort Seychelles

When the early settlers arrived in Seychelles they brought with them many non-native plants which were useful as sources of food, medicines, fibres and timber. Four Seasons Resort Seychelles was built on the site of an old plantation and many of these plant species can still be seen around the site today, growing alongside horticultural specimens as well as native and endemic plant species that were on the island long before humans settled here in the 1700s, some being found nowhere else in the world.

This section provides an illustrated field guide to enhance your discovery of the environment not only at the Resort, but also Seychelles in general. Tick the ones you find during your vacation - you can always visit us again to complete your discovery of the Seychelles Flora and Fauna.



Bodanmyen | Indian Almond | *Terminalia catappa*

The Indian Almond is an indigenous plant, which grows in the tropical regions of Asia, Africa and Australia. It has a preference for sandy soils and can be found along coastal areas. During the dry season, the leaves turn into autumn colours of red, copper and gold. The seeds are rich in oil and can be extracted from the sun-dried fruit with some difficulty (a handy rock and brute force!). Unlike the commercial almond, the Indian Almond can be eaten raw.

Takamaka | Takamaka Tree | *Calophyllum inophyllum*

The Takamaka Tree is native to the Seychelles and can be found along the beach and the coastal area, providing much needed shade on sunny days. The wood is used for making traditional boat masts and also made into planks for furniture. In Java, the tree is believed to have diuretic properties and the gum extracted is used for the treatment of wounds and ulcers. In Samoa, however, every part of the plant is considered a virulent poison, with the milky juice causing blindness.



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Koko de Mer | Coco de Mer | *Lodoicea maldivica*

The Coco de Mer is a botanical wonder. Endemic to Seychelles, this palm boasts the largest and heaviest seed in the plant kingdom. Unlike other Seychelles palms, the male and female flowers of the Coco de Mer are borne on separate trees. The main population of the Coco de Mer is found on Praslin and in the Curieuse National Park. It is classified as Endangered on the IUCN Red List and considered a natural national icon thus its protective status under the laws of Seychelles. You will even see it as the entry stamp at Immigration when you enter Seychelles. There are currently no Coco de Mer growing on site.



Palmis | Palmist | *Deckenia nobilis*

The Palmist is one of the 6 endemic palms of Seychelles and can be found on several islands including Mahé, Praslin and La Digue. This tree is on the IUCN Red List of Threatened Species and is protected under Seychelles law. It was used to make the famous Creole dish – the Palm Heart Salad, which is also known as ‘Millionaire’s Salad’ because, once the palm hearts are harvested the entire tree dies.

Koko | Coconut | *Cocos nucifera*

The Coconut tree is an indigenous tree that can live as long as 100 years. This tree is strong, resilient and can provide us with our most basic need for life – drinking water, a valuable resource in drought prone areas! In the 1950s, the coconut industry provided 66% of the islands exports consisting of copra and coconut oil. The coconut is still cultivated today but on a much smaller scale. The nut is used in a variety of local dishes, such as nougats, cakes and rolls. The milk is used in curry, “La Daube” and other delicious dishes. Other parts of the plant are used to make souvenirs, jewellery and other interesting artefacts. Palm heart salad is often made using coconut, a more sustainable option given the abundance of this rapidly growing palm.



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Lantannyen Fey | Thief Palm |
Phenicophorium borsigianum

The Thief Palm is one of the 6 endemic palms of Seychelles. The leaves of juvenile palm are whole to begin with, but become shredded by wind over time leaving mature trees looking a bit worse for wear. Traditionally, the leaves are used as thatching material in Creole homes and hotel developments. Yet it is still considered the most abundant of the endemic palms, due to sustainable harvesting techniques.



Vakwa sak |
Useful Screw Pine |
Pandanus utilis

This is one of at least 6 species of screw pine that can be found on the granitic islands of Seychelles. While the other species are endemic, this one is native to Madagascar, Mauritius, Reunion and the Seychelles. The leaves spiral round the stem like a screw (hence the English name), and are used for weaving mats, baskets and bags (hence its Creole name).



Lavanniy Maron | Wild Vanilla | *Vanilla phalaenopsis*

Not to be confused with the cultivated vanilla native to Central America, the Seychelles wild vanilla is a climbing and scrambling liana with thick, succulent stems devoid of leaves. It bears beautiful white flowers, unlike the cultivated variety which has yellow flowers. Endemic to Seychelles, this species is found on Mahé, Praslin, Silhouette and Félicité islands.



Pispis | African Tulip Tree | *Spathodea campanulata*

The African Tulip Tree is native to tropical forest in sub-Saharan Africa. This is a large upright tree with glossy deep green pinnate leaves and glorious orange/scarlet flowers making for a spectacular display when in bloom. African Tulip Trees are grown for shade, colour and tropical effects. The wood is difficult to burn, so the tree is also valuable for fire resistant landscaping.



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Flanbwayan | Flame Tree | *Delonix regia*

Originally from Madagascar, the Flame Tree is a distinctive tree with large, bright red flowers. The genus name is derived from the Greek words *delos* (meaning conspicuous), and *onyx*, meaning claw, referring to the appearance of the spectacular flowers. The Flame Tree fully blossoms during the month of December. Its bright red/orange flowers are the inspiration for its rather attention-grabbing creole name - Flanbwayan (Flamboyant in English)



Lagati | Acacia Coral Tree | *Adenanthera pavonina*

The Acacia Coral Tree is a deciduous tree originally from Asia. Since its introduction to Seychelles, it has spread rapidly and today can be found on most of the granitic islands. The seed of the tree is used as beads in jewellery, artistry and other crafts. Local legend says that carrying three berries in your wallet will bring you good fortune.

Kazou | Cashew | *Anacardium occidentale*

Cashew is an introduced plant, native to the coastal areas of north-eastern Brazil. The cashew nut is a favourite snack between meals but also has many health benefits. It is considered particularly beneficial to people suffering with diabetes. The actual nut of the Cashew tree grows at the end of the Cashew apple. The Cashew apple is not appreciated in Seychelles, but is a delicacy in Brazil and the Caribbean as it is rich in nutrients.



Tanmaren | Tamarind | *Tamarindus indica*

The Tamarind tree is the most widely distributed fruit in the world. It was introduced to Seychelles by early settlers but its origin is uncertain as it has been widely cultivated since ancient times. The edible fruits come in sweet and sour varieties and can be eaten raw or used as an ingredient in curries, pickles, confectionery and in fermented drinks. It can be used as a traditional medicine, in particular as a remedy for bile disorders.



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Bigarad | Kumquat |
Fortunella species

The Kumquat is native to South-Eastern parts of mountainous China and there are many varieties, although only four are widely cultivated. They are part of the citrus family but unlike oranges, they can be enjoyed with their peel which is rich in many essential oils, anti-oxidants and fibre.

Kumquats must be allowed to ripen fully on the tree before they are picked. They can be enjoyed fresh, added to salads, candied or added to dishes as a garnish. Leaves are often soaked in hot water and used as a traditional remedy for fever.



Friapen | Breadfruit | *Artocarpus altilis*

Historically, breadfruit has occupied a very important role in the diet of most Seychellois and even today the fruit is appreciated and served in many restaurants as a part of local cuisine. Breadfruit can be simply boiled, grilled or fried (as breadfruit chips) and served in various ways, from salad to the dessert “La Daube”. The plant is thought to be native to northern New Guinea, but it has been widely cultivated throughout the tropics. Locals will tell you that if you eat breadfruit while in Seychelles, you will return to our shores.

Banbou | Bamboo |
Bambusa vulgaris

Bamboos are giant, fast-growing grasses that have woody stems, largely found in tropical and sub-tropical areas of Asia. It is also known as Buddha-Belly’s bamboo because of it with bulbous belly-like culms. Flowering is not common among this species and it has no seeds. The stems of bamboo, here in Seychelles, are used for fishing, construction and also flooring in houses.



Bilenbi | Cucumber Tree | *Averrhoa bilimbi*

The sour tasting fruit of this introduced species is used in many of the Seychelles’ Creole cuisine. It has useful medical purposes, as it is known as a remedy for cough, bleeding gums, diabetes and high blood pressure. It is closely related to the Star Fruit (*Averrhoa carambola*).



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Bwa Torti | Noni | *Morinda citrifolia*

The Noni fruit, leaves, flowers, stems, bark and roots are used to make medicine for a long list of ailments, however the effectiveness of noni for these uses has not been proven. The fruit has an unpleasant cheese-like odour, but its champions believe that the health benefits far outweigh its noxious odour and acquired taste. The Noni plant is native to the Pacific Islands, Asia, South America, the Caribbean and Australia.



Kannel | Cinnamon | *Cinnamomum verum*

Cinnamon trees belong to a large genus of some 250 species, most of which are aromatic. True Cinnamon is native to Sri Lanka and the south-eastern coast of India. In Seychelles, it is by far the most common invasive species and is widely used in local cuisine, most particularly to flavour curries. The plant is one of four spices introduced by Pierre Poivre in the 1770s.



Frisiter | Golden Apple | *Spondias cytherea*

The origin of this species is not certain but it has been introduced into tropical areas across the world. It is eaten fresh or made into drinks and jellies that taste something like apple butter. It has a single sharp, rather large, spiny seed. Young leaves can be used in salad.



Zanmalak | Rose Apple | *Syzygium samarangense*

This tropical apple species is native of Indonesia. It can be eaten fresh from the tree and can also be cooked to make pie or local jam. The red, hard wood can be used for construction.



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Mang | Mango | *Mangifera indica*

The mango tree is native to southern Asia, especially eastern India, Burma and the Andaman Islands. Most Seychellois have a small mango tree in their garden and they are a popular snack here with many varieties growing across the island. The mango tree bears fruit at least once a year.



Gouyav | Guava | *Psidium guajava*

Guava has been cultivated and distributed by man, birds and animals for so long that its place of origin is uncertain, but it is believed to be an area extending from southern Mexico into or through Central America. The guava is soft, sweet and fragrant when ripe and some Seychellois use it in salads, but it is most commonly used to make fresh fruit juice or eaten straight off the tree when ripe.



Lisdo | White Water-lily | *Nymphaea lotus*

The water-lily is an introduced plant from mainland Africa. It is commonly seen in lowland ponds as it prefers clear, warm, still waters. Its pads enable it to float on the water surface blossoming into a white flower, sometimes tinged with pink. This species belongs to the same family as the Egyptian White Lotus and it was often depicted in ancient Egyptian art and worshipped as the symbol of creation. The White Water-lily can also be found in Southeast Asia.



Leti Lanmar | Water Lettuce | *Pistia stratiotes*

This floating plant may look beautiful but it is one of the worst invasive weeds in Seychelles, responsible for destroying fresh water ecosystems. It can be found in bodies of standing water and spreads rapidly covering the entire surface, depriving other aquatic life of oxygen. This weed is native to South America. Four Seasons Resort Seychelles has been working to control the prevalence of this plant, and we have dramatically reduced the numbers in our wetlands through concerted efforts by our Landscaping team, who continually monitor its spread.



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Vya | Pig Yam | *Alocasia macrorrhiza*

This large leaf plant is found in wet woodland on the coastal plateau of most of the granitic islands in Seychelles. The large leaves resemble elephant ears and it is valued as an ornamental plant in landscaping. The swollen underground stems are used for food and animal fodder, most particularly pigs, hence the name Pig Yam. The roots and leaves are used medicinally in some countries.



Zon | Bullrush | *Typha javanica*

This tall indigenous aquatic plant can be found both on the Seychelles granitic and coralline islands. It aggressively invades and forms nearly pure stands in brackish or nutrient-enriched wetlands. *Typha* has a wide range of uses around the world. This species is used for its medicinal properties, ornamental value and as a source of material, fibre and biomass.



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Pouldo | Common Moorhen | *Gallinula chloropus*

A medium-sized, ground-dwelling water bird, the Common Moorhen is among the world's most widespread bird species, being found in many wetlands across the globe. It is easily recognised by its vivid red shield and short, yellow bill, which sits in stark contrast to dark-coloured plumage. A superb opportunist, the omnivorous Common Moorhen will feed on almost anything available for consumption, including small fish, earthworms, insects, plant matter and even birds' eggs.



Kolibri | Seychelles Sunbird | *Nectarinia dussumieri*

The Seychelles Sunbird can be a bit difficult to spot as it is a small dark olive-grey bird, with a wing span of only 16cm, but it is easily recognised by its long slender down-curved bill. It is named after the French explorer Jean-Jacques Dussumier who collected many zoological specimens from southern Asia and regions around the Indian Ocean between 1816 and 1840.



Merl | Seychelles Bulbul | *Hypsipetes crassirostris*

The Seychelles Bulbul is one of the more common of the endemic birds of Seychelles. It prefers woodland areas but can be seen on all the largest islands from sea level to high altitudes in gardens and scrub. It is a noisy inquisitive bird that squawks and makes chattering noises, which makes them easy to spot. They usually travel in pairs or small flocks and are easily recognised by their distinctive orange beak and legs.



Floranten | Grey Heron | *Ardea cinerea*

The Grey Heron is a large wading bird, native throughout temperate Europe, Asia and also parts of Africa. This bird can be spotted along the coast and near water bodies, especially marshes, rivers and mudflats where it feeds on fish, frogs and insects. Hunting led to its extinction in Seychelles in the 1970s, but today there is a healthy breeding population on the granitic islands as well as some of the outer coralline islands.



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Tourtrel de Zil | Malagasy Turtle Dove | *Streptopelia picturata*

The Turtle Dove is presumed to have been introduced from Madagascar and has bred with a native sub-species (*Streptopelia picturata rostrata*), hugely diluting the genetic pool. It prefers habitats such as woodlands or near human habitation and they mainly feed on seeds. It has a distinctive call which sounds like a soft repetitive 'dae-woo dae-woo dae-woo' song and is easily recognised as the only large pink pigeon in Seychelles.



Toutrel Koko | Barred-ground Dove | *Geopelia striata*

The Barred-ground Dove is a very common bird in Seychelles. This small bird is native to South East Asia and is predominantly brownish-grey in colour with black-and-white barring. They are known for their pleasant, soft, cooing calls and are often found near the restaurants foraging for food or pecking away at small seeds and fruits.



Golan | White Tern | *Gygis alba*

The White Tern is a small seabird found across the tropical oceans of the world, being found year-round on islands in the South Atlantic Ocean, the Indian Ocean and the western and central Pacific. This species feeds mainly on small fish, but will also take squid and crustaceans. It has no distinct breeding season and will nest in trees and bushes, where it lays a single egg on a bare branch, usually within a slight depression at a fork or on the mid-rib of a palm frond.



Mannik | Green-backed Heron | *Butorides virescens*

The Green-backed Heron is a widespread species found throughout the tropic and sub-tropics. They are shore-living individuals adapted to the rhythm of the tides. They mainly eat small fish, frogs and aquatic arthropods, but may take any invertebrate or vertebrate prey they can catch. You will often see them in a distinctive crouching position, patiently waiting to snatch prey with their dagger-like bill.



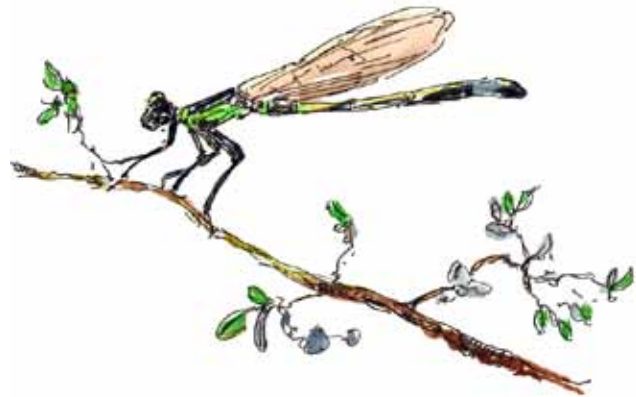
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Sigal | Blue-tailed Damselfly | *Ischnura senegalensis*

The Blue-tailed Damselfly is extremely widespread in tropical and subtropical parts of the old world, extending from Africa to Japan and south to western New Guinea. The species is often seen near slow-flowing or stagnant water bodies. It is a common damselfly in the granitic islands, but can also be found on some coralline islands as its larvae tolerate some salinity.



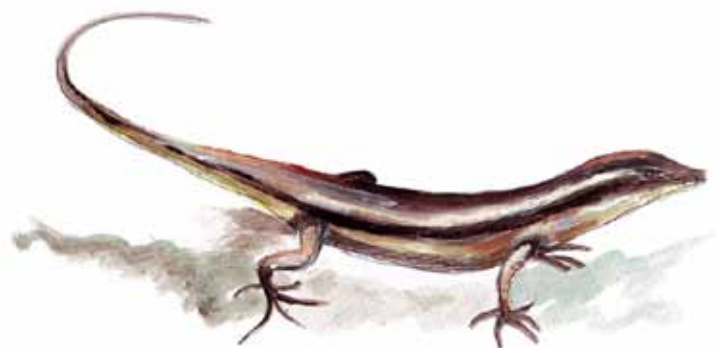
Sigal | Orange Damselfly | *Ceriagrion glabrum*

This damselfly is widespread in African rivers, marshlands, swamps and shrub-dominated wetlands. It is found throughout the granitic islands. The males are orange and green coloured whilst the females range from light brown to dark brown depending on their maturity.



Krab Rouz | Red Mangrove Crab | *Neosaratium meinerti*

The Mangrove Crab is also referred to as the 'Red Crab', given its bright scarlet colouring. It is a burrowing crab, found in mangrove habitats where it mostly feeds on mangrove leaves. Its larvae are the major source of food for juvenile fish inhabiting the adjacent waterways, thus contributing to near shore fisheries.



Lezar Mangouya | Seychelles Skink | *Mabuya seychellensi*

This species of skink is found only in Seychelles but is common throughout granitic islands. It can also be found on some coralline islands, especially on Cousin Island which is said to have one of the highest lizard densities in the world. The natural habitat of this species is dry forest and lowlands and moist shrub-land. It is a harmless and friendly creature that feeds on fruits, insects and invertebrates.



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Lezar Ver | Green Gecko | *Phelsuma astriata*

This brilliantly coloured lizard is active during the day. You might find one lurking on the ceiling but they are harmless. They feed mainly on insects. This species is endemic to the Seychelles, with two known subspecies - *Phelsuma astriata* occurs on the Mahé group, while *Phelsuma astriata semicarinata* occurs on the Praslin group.



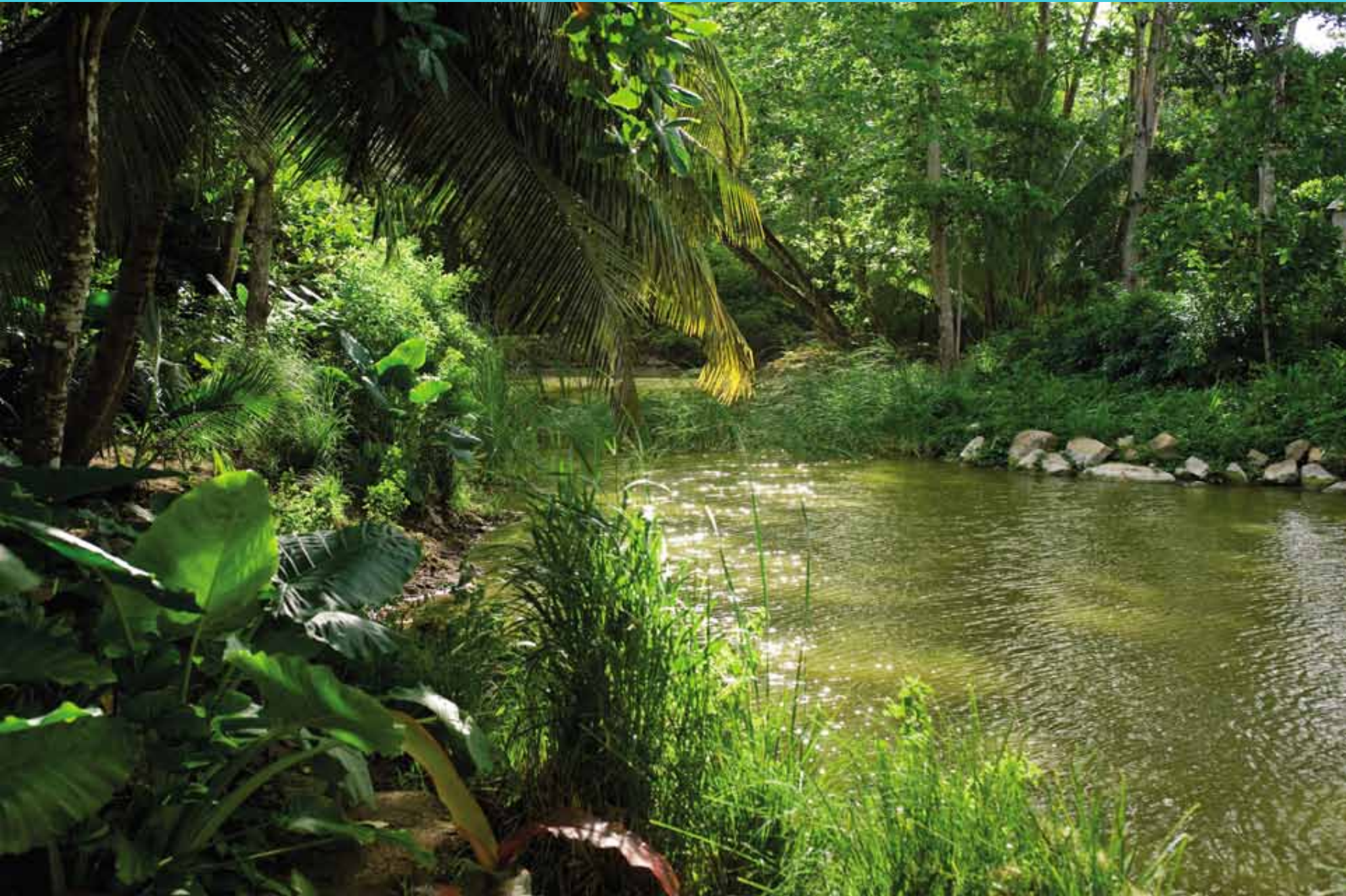
Torti Soupap | Terrapin | *Pelusios species*

There are two species of terrapins or mud-turtles in Seychelles, both of which are listed as Critically Endangered on the IUCN Red List. The Yellow-bellied Terrapin (*Pelusios castanoides interguularis*) is an endemic sub-species, whilst the Black Terrapin (*Pelusios subniger*) is native to East Africa. The both live in marshy areas and are difficult to spot in the muddy water as they are well camouflaged.



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IMPORTANCE OF WETLANDS



Wetlands are valued ecosystems supporting a wide range of flora (plants) and fauna (animals), forming different habitats and ecosystems. They provide nursery areas for fish and breeding grounds for wildlife, particularly birds. They are important refuges for wildlife in times of drought, offering a natural water balance in the landscape and providing protection from flooding. Wetlands have a role in water quality protection in the catchment by filtering pollutants such as sediments, nutrients, organic and inorganic matter and bacteria. In addition, they have the possibility to offer activities such as bush walking and bird watching. Many of the Seychelles native species can be spotted foraging or nesting in the wetland area, namely the moorhen, sunbird and the Seychelles Bulbul.

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FOUR SEASONS RESORT
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