



unique in the world...



Frégate Island Private's unique attributes – such as its peaceful setting; the abundance of nature; its character and charm; the highly successful ecological program; the award-winning Rock Spa; and an outstanding gourmet experience with island-grown produce - make it a paradise for nature lovers, honeymooners and families.

Exclusivity in every respect is the maxim of Frégate Island Private and the preservation and protection of the island's unique flora and fauna is one of its proudest achievements. With 16 Private Pool Residences and a magnificent Banyan Hill Estate, only a selected number of guests have the prestige to fulfil their dream of a stay in paradise. The island remains private to Frégate Island Private guests only, making it an ideal refuge for the discerning traveller, ensuring an impeccable service and the rare feeling of a truly tropical island paradise, as we like to put it "anything, anywhere, anytime".

Name: Frégate Island Private

Location: Frégate Island / the Seychelles, Indian Ocean

Located in The Seychelles, this private island paradise is approximately three square kilometers in size, even bigger than Monaco. With its fine sand beaches, tropical jungle, fruit and vegetable plantations, Frégate Island is home to rare animals and plants.

From Mahé it can be reached by Helicopter or Twin Otter within 15-20 minutes.

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Opening: 1st October 1998

Managing Director: Paul van Frank

History: The first visitors to Frégate Island were probably pirates who sought temporary refuge on the island following their raids. The island provided them with everything they needed: secret hideaways, fresh water and an abundant supply of food.

In 1744, the French seafarer Lazare Picault explored the granitic islands of the Seychelles, and named our island Frégate after the elegant Frigate birds he found nesting on the rocks. In 1770, the Seychelles Islands became a French colony, which was annexed by the British in 1811, who abolished slavery under their rule.

The first political parties in Seychelles were founded in 1964, and in 1975 the island group was recognized as an autonomous colony with the right to independent decisions on internal affairs. In 1976, the island group was finally granted independence. Today, the Republic of Seychelles is a peaceful democracy.

Architects: Residences - Wilson & Associates (Dallas/Cape Town)
Rock Spa and pools – Alex Ellenberger (Mahé/Seychelles)

Accommodation: 16 exclusive residences and Banyan Hill Estate for a selected number of guests.

The residences, decorated by the renowned American interior design firm Wilson & Associates, blend with the surroundings and are positioned so that privacy is guaranteed. Two residences built, with the needs of families with children in mind, stand on sheltered meadows while the other residences are built into the cliffs.

The 13 Private Pool Residences have 400-500 square metres and include a living room, one large bedroom, two bathrooms, terrace,

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large infinity pool, a daybed and dining pavilion. Hand-carved wood, precious silk and Egyptian cotton create a cosy atmosphere. Integrated glass walls in various rooms allow for a view of the ocean, the sky and the surrounding vegetation. The private sun terrace, with adjustable sunshade, beckons guests to spend their days and evenings outside.

The 2 Private Pool Twin Residences and the Private Pool Spa Residence have approx. 600-750 square meters. The second bedroom has the same features as the first bedroom except that there are twin beds. The Spa Residence has a mini spa with a bathroom, which can also be converted into a second bedroom.

All residences are attended by a certified private butler, who takes care of every wish his guests might have. He is available all day long.

Furthermore each residence provides telephone, wireless internet access, minibar, coffee machine and tea making facilities, TV, DVD/CD player, air condition and a ceiling fan.

The island can be explored with the personal solar assisted island buggy.

The Banyan Hill Estate with 1100 square meters lies high above on the plateau of the eastern strip of Frégate Island Private and can only be reached over a private entry. The estate offers a stunning view over the ocean, the nearby beaches, the marina and the rest of this green island. It is furnished with an exclusive collection of antiques from around the Indian Ocean from the 18th, 19th and 20th century and features:

- a huge open living area (approx. 150 sqm) with an additional small TV lounge (approx.20 sqm)
- adjacent there is a big terrace with a private pool, seating and a fully equipped kitchen

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- 3 separate sleeping villas each for 2 persons (approx. 70 sqm) are located along the cliff with a veranda, own bathroom, TV, CD / DVD Player and minibar.
- per sleeping Residence one extra bed for a child can be added.
- a chef and dedicated butlers will take care of the guest's wishes.

Island Buyout:

Frégate Island Private can also be booked exclusively on occasions such as fairytale dream weddings, family reunions or special company events.

Restaurants & Bars:

The island's own plantation & hydroponics is the guarantee that guests can enjoy fresh fruit and vegetables every day.

Frégate House:

Frégate House offers a daily gourmet menu featuring the Chef's selection of local produce at its peak. Dining in Frégate House is available on the lower terrace and also in the restaurant. The restaurant catches the evening sea breezes through open windows.

Plantation House:

Plantation House serves authentic Créole Style à la carte cuisine. This historical building evokes the memories of the early settlers and is a wonderful venue for open air dining. The Plantation House is closed seasonally due to bird nesting.

Anse Bambous Beach Bar & Restaurant

Anse Bambous Beach Bar & Restaurant offers dining at the beach at lunch and dinner.

Pirate's Bar

The Pirate's Bar offers light snacks and drinks, and is also a wonderful dining venue for a relaxed lunch or a cosy dinner.

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Wine Cellar

Our wine cellar competes with the most famous hotel restaurants in the world and we are proud to present to our guests a variety of wines from all around the globe, including important labels, varietal and vineyards. These wines are also offered for wine tastings.

The wine cellar also offers a dining facility for a group of up to 10 guests.

Island Dining Experiences

In addition to the two restaurants, guests can enjoy their meals anywhere and anytime they like: in the tree house, barbecues on the beach or at the yacht club, private candlelit dinners in the privacy of the residence or any other setting of their choice.

During the Garden Table Experience, the chef accompanies guests on a tour of the plantation and hydroponics house and explains the diverse vegetables, fruits and herbs growing on the island. Afterwards guests enjoy a delicious barbecue lunch in the chef's garden, freshly prepared by the chef using ingredients picked during the tour.

The lookout at Glacis Cerf, with its spectacular views over the island, is an inviting spot for guests to enjoy High Tea.

Rock Spa & Rock Gym

Located on one of the island's peaks, the Rock Spa with its 4 suites for treatments stands at more than 4,500 sqm in spectacular natural surroundings. The spa offers an exclusive range of retreat packages based on over 140 different ingredients growing all over the island. There is an on-site apothecary and a Zen / Yoga garden with meditation coves.

In the Rock Gym our guest have a wonderful view into the green of Frégate Island. A trail surrounded by huge banyan trees offers a 360° view over the island and is the perfect location for various outside training activities.

Boutique & Gallery:

The most exclusive boutique and gallery in the Seychelles offers bespoke sandals and clutch bags embellished with Swarovski

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crystals, Zentoosh pashmina shawls and the Frégate private label collection, which are showcased alongside handcrafted gifts and home décor furnishings inspired by the nature on the island. Guests can organise private viewings with their butler to truly appreciate the collected works of Sir Michael Adams, a famous Seychellois artist.

Flora & Fauna:

Like a modern-day Noah's Ark, Frégate is home of a host of flora and fauna which does no longer exist on other continents including the world's second largest population of Giant Aldrabra tortoises (2,000) and 101 species of birds - all lovingly conserved and nurtured by a dedicated ecology team. This great and unique variety inspires one of the most important philosophies of Frégate Island Private, which is to protect and to conserve the nature of the island.

Recreational Activities:

Beaches: The seven dream beaches of Frégate Island Private are among the most beautiful in the world for swimming, snorkeling, scuba diving and a variety of other water sports or for simply enjoying a Champagne picnic and between November to February guests can help the hatching baby sea turtles into the ocean. One of the beaches, "Anse Macquereau", can even be reserved exclusively!

Swimming pools: Two swimming pools are available below Frégate House on the way to Anse Bambous - the spectacular 25m Active Pool and a romantic Relaxation Pool. A third plunge pool is located at the Rock Spa for guest use during treatments, and each Residence is equipped with its own large infinity pool.

Water sports: Frégate Island Private has its own marina and fleet, with a variety of vessels ranging from motor cruisers for deep sea fishing and excursions to catamarans; sailing dinghies; kayaks and surf boards.

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The island's PADI Dive Centre offers diving courses and certifications for adults and children, and a range of guided scuba diving excursions to explore the fascinating underwater world of the coral reefs - including night dives for more experienced, adventurous divers.

Frégate Island Private guests can enjoy exclusive access to numerous beautiful dive sites. A PADI Instructor will accompany guests on each dive, with a wide choice of locations suitable for all levels of experience.

The Dive Centre offers all guests a complimentary introduction to scuba, allowing them to experience the sensation of breathing underwater before deciding whether to take a PADI course.

Hiking and nature walks: Shaded paths lead throughout the island. There are 10 different nature walks along the coast or straight through the tropical jungle where guests can explore the island's interior and discover the exotic flora and fauna. The tour to "Mont Signal", a 125-metre high granite rock, is particularly rewarding and a range of other guided nature walks can be arranged.

Other Sports: Tennis, volleyball, badminton, bocce ball, mountain biking and jogging.

A library, with a large selection of books in various languages, videos and CD's, is open to guests. He we also provide a PC and printer for our guests.

The Yacht Club offers a little bar and a billiard table. The inviting small terrace is furnished with hammocks.

Activities at additional

Charge:

Scuba Diving – also at night - and Certification

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Boat Charters for Deep Sea Fishing, Big Game Fishing and Excursions

Yoga (beginners and advanced)

Transfers from/to Mahé or other islands (see transfer information)

Massages and treatments at the 'Rock Spa'

Babysitting Service (upon request)

Wedding Arrangements at a location of your choice

Telephone and Fax Service

Golf Trip to Praslin (18 Hole Course)

Activities and services are subject to change without notice

Seasons:

The climate is tropical and year-long warm between 26°C/79°F and 30°C/86°F.

The period between **October and May** is called the Northwest Monsoon in the Seychelles.

This season is characterized by the lack of strong winds. Ideal, calm sea conditions normally prevail, and this favours big game fishing, snorkelling and diving. Underwater visibility is at its best.

The Northwest Monsoon is the period of highest humidity, and is also the rainy season for this region of the western Indian Ocean. Tropical Monsoon rain usually falls in heavy, short, sharp showers... after which the sun reappears and the vacation continues. Rains lasting for longer periods are not usually encountered more than a couple of times during the rainy period of the year. Rain can fall in any month of the year.

The period between **May and October** is called the South East Monsoon in the Seychelles.

This season is characterized by the daily, steady South East Trade Winds which tend to make for rough sea conditions. Water sports like sailing and windsurfing are popular activities at this time, but snorkelling, diving and fishing are less successful due to the rough sea conditions and impaired visibility. Rain is less likely during this season, whilst humidity is at its lowest level during the South East

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Monsoon. During the South East Monsoon, the current of the sea can be very strong and swimming is therefore recommended on the most protected beach close to the Marina or in one of our pools only.

There is almost never a day that Fregate Island Private's beaches do not constitute one of the major attractions of the Resort, whilst walking the trails and the unique Nature Experience are outdoor activities that are always to be enjoyed during any season.

- Children:** Children are always welcome at Frégate Island Private. The Castaway Kids Clubhouse invites children of the age of 3 to 12 to explore the island. During the Easter and Christmas Season the Club offers a supervised program of activities.
- Wedding:** The resort arranges tailor made weddings in a number of different romantic locations: the chapel, the beach, or in the tree house. Our guests have the choice where they wish to celebrate their dream wedding.
- Time Difference:** The Seychelles are three hours ahead of central European time in the winter and two hours in the summer.
- Check-in / Check-out:** Check out time is 12.00h on the day of departure; check-in time is 15.00h on the date of arrival.
Early check-in and late check-out can be arranged upon request, subject to availability.
For a confirmed (guaranteed) early check-in before 15.00h and a confirmed (guaranteed) late check-out after 12.00h an extra charge of a full room night will apply.
- Fast Track Service:** On arrival at Mahé International Airport our guests are welcomed by our Airport Representative. Bypassing the lines he assists with the pass port control, the transfer arrangements and check-in procedures for Zil Air / Air Seychelles.

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- Travel:** Various Airlines offer flights to the Seychelles from different International airports:
Air Seychelles (www.airseychelles.com)
Emirates (www.emirates.com)
Qatar (www.qatarairways.com)
Etihad Airways (www.etihadairways.com)
Ethopian Airlines (www.flyethiopian.com)
Kenya Airways (www.kenya-airways.com)
Condor (www.condor.com)
- Transfers:** The most comfortable transfers from Mahé to Frégate Island Private are by helicopter, by Twin Otter within 15-20 minutes or by boat within 1,5 hours.
Per helicopter flight there is a maximum payload of 325kg for the passengers and their luggage. Soft luggage is preferred.
Please note that an additional overnight positioning fee may be applicable for any helicopter flight prior to 06.31 h.
- Reservations:** Reservations can be made via the worldwide reservations office:
Tel: +27 -21 556 99 84
Fax: +27 -88-021 556 99 84
E-mail: reservations@fregate.com
- Website:** www.fregate.com
- Image Gallery:** www.fregate.com/en/media
Copyright: 'Picture © Frégate Island Private'.
- Affiliations:** Virtuoso Member
- Accolades:**
- Indian Ocean Leading Private Island Resort, World Travel Awards 2013
 - "Top 100 List", World Spa & Travel, March 2013

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- "The Big Six: Luxury Dive Resorts", The Independent April 2012
- "World's Best Coastal Resorts: Africa", CNNgo.com, July 2012
- "The World's Best Spas", Yahoo Travel, January 2012
- "10 Private Island Getaways", Worth Magazine, March 2012
- "Top 10 Photo Opportunities Around The World", Yahoo Online, March 2012
- "Seychelles Leading Boutique Hotel", World Travel Awards 2012
- Robb Report's Top 100 Resorts, April 2012
- Gold List 2012", Condé Nast Traveller 2012
- Indian Ocean Leading Family Award, World Travel Awards 2011
- '14th Best accommodation in the Middle East, Africa and Indian Ocean', Condé Nast Traveller Readers' Travel Awards 2011
- Finalist "Tourism for Tomorrow Awards", 2011
- Chosen as one of the "10 Best Private Islands in the World", iExplore, March 2011
- Anse Victorin – voted as the most beautiful beach in the World; Traveller's World, 2011
- "Top 10 beaches for a festive holiday", Sunday Telegraph, 2010
- "5 of the best infinity pools", Spa Secret, Autumn 2010
- Indian Ocean Leading Family Award, World Travel Awards 2010
- No. 2 of the TOP 10 Beach Resorts, 2010 Hospitality Award by Resorts Magazine
- One of the world's 10 most photogenic places, British Journal of Photography by Charles Veley, 2010
- No.1 "Chic Retreat", Harper's Bazaar 2010
- Silver Award, La Dolce Vita's Hotel Inspector 2010
- Voted 14th Best accommodation in the Middle East, Africa and Indian Ocean, Condé Nast Traveller Readers' Travel Awards 2009
- Voted finalist 2008 Condé Nast Traveller World Savers Awards
- Anse Victorin voted 2nd best of the top 10 beaches in the world, Daily Telegraph Ultratravel 2008

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- Voted '10th best Spa in Africa, Middle East & Indian Ocean', Condé Nast Traveller Reader's Spa Awards 2008
- Seychelles Leading Spa Resort, World Travel Awards 2007,
- Green Planet Award 2007-2008, Kuoni Travel Ltd.
- Voted '4th best property in the world's top 25 Spas', Condé Nast Traveller Reader's Spa Awards 2005
- Awarded Runner up in the Africa, Middle East & Indian Ocean category, Condé Nast Travellers Spa Award 2005
- Awarded 'Most Sophisticated Eco-Lodge', Harpers & Queen Travel Awards 2003
- Voted 'Harper Premier Q Club Hotel' by Andrew Harper's Q Club 2002
- Nominated 'Most Romantic Hotel Resort', Harpers & Queen Travel Awards 2002
- Chosen Number One - Reader's Choice - Hot List, Condé Nast Traveller Italy 2001
- Frégate Island Private voted Hideaways 2000
- Frégate "Anse Victorin" voted "Most Beautiful Beach in the World", New York Times 1998

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