

Le Ponant

The Seychelles, perfume of adventure





As the wind catches the sails of *Le Ponant*, Mahé fades into the distance, and with it its colourful houses. The gentle way of life invites itself on board of the iconic three-mast sailing yacht and with each port of call the islands of the Seychelles are revealed. The Amirante Islands unveil themselves, from the African Banks and their exceptional underwater scenery to the islands of Poivre and Bijoutier and their stunning coral atolls. Marvel at the purity of their crystal-clear lagoons lined with fine sand. Under the trade winds, sail to the small, uninhabited Thérèse Island and, like a modern-day *Robinson Crusoe*, experience the exhilaration of a reconnection with nature, made possible by sailing, among other things. Continue your journey by setting a course for the Inner Islands. Granite rocks reflecting pink and golden hues punctuate the white-sand beaches and their celadon shores with their rounded edges. Perhaps the Captain of *Le Ponant* will see this as an opportunity for impromptu swims from the yacht. On Praslin, while the gentle backwash invites you to take a quiet pause on Grande Sœur beach, you dive right in to the island's tropical rainforest, a UNESCO-listed nature reserve. Let the gentle pace of La Digue soothe you. The sound of birdsong and the delicate scent of tropical flowers add the finishing touches to this enchanting scene.

The Seychelles

under the trade winds

Explore the wonderful archipelago of the Seychelles on board our iconic sailing yacht *Le Ponant*, between granite rocks and coral islets. From unique and iconic ports of call to intimate moments, explore wild and idyllic jewels, where the unexpected offers a breath of freedom. Sheltered from the world, become one with the elements and reconnect with sensations of pure well-being.



HIGHLIGHTS

- The enlightened accompaniment of naturalist guides throughout the cruise and during the outings and disembarkations in zodiac inflatables.
- Enjoy spending time in harmony with the elements in this unspoiled paradise: scuba diving, introduction to free-diving, yoga at sunrise or sunset, meditation.
- Brand-new ports of call to discover new lands: the African Banks and Thérèse Island.
- Discover the underwater flora and fauna of the Seychelles during your choice of an included beginner's introduction to diving or a more advanced scuba dive (Level 1 or equivalent) with an experienced instructor.

SERENITY STAY

Before the nights under sail, treat yourself to a night in a 5* hotel in the Arabian Peninsula desert with private transfers. A real time, in total harmony with the exceptional natural setting.

VICTORIA, MAHÉ • VICTORIA, MAHÉ

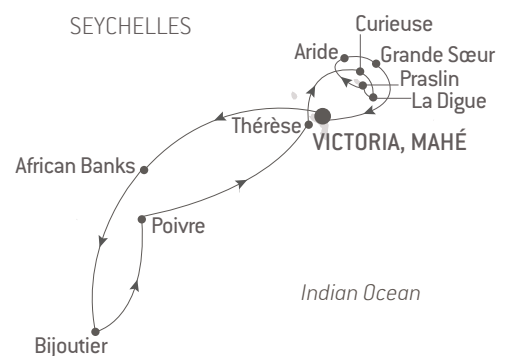
11 departures - 10 days/9 nights

2022: 22nd November, 1st, 10th, 19th and 28th December

2023: 6th, 15th and 24th January, 2nd, 11th and 20th February

From €8,970 ⁽¹⁾

NO SINGLE SUPPLEMENT ⁽²⁾



Le Ponant

breathes new life into expeditions

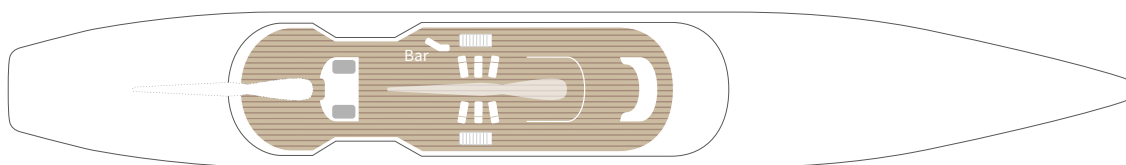
Sailing with the wind, recharge, share, contemplate, respect the world around us. Combining voyage and eco-responsibility, the company's historic yacht has been transformed to offer guests a truly unique travel experience. Having been totally renovated with a sleek sophisticated design by the Jean-Philippe Nuel Studio, *Le Ponant* now offers only 16 cabins. The end result is an intimate setting. The three-mast sailing yacht is also now fitted with the latest technology in order to reduce her emissions and impact on the environment.



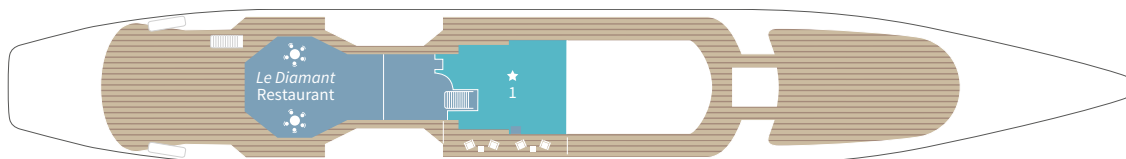
OUR STEPS TOWARDS ENVIRONMENTAL PRESERVATION

- No motorised watersports;
- Individual or small group landings only;
 - A dockside connection;
- Navigation under sail as often as possible;
- An innovative system of SCR filters to eliminate fine particles and reduce nitrogen oxide emissions by 90%, waste sorting;
- A state-of-the-art water treatment system.

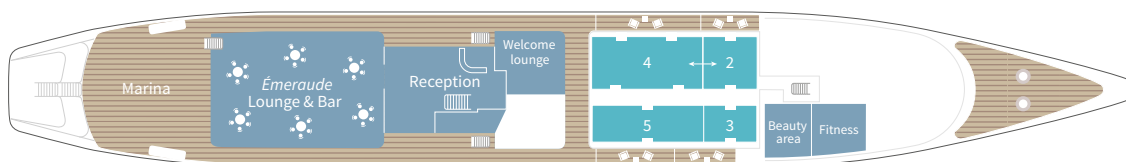
SUN DECK / Sun deck - Bar



ZÉPHYR DECK / Panoramic restaurant Le Diamant - Bridge - Balcony Owner's Suite



ALIZÉS DECK / Marina - Émeraude Lounge & Bar - Reception - Welcome lounge - Beauty area - Fitness - Balcony suites & staterooms



MISTRAL DECK / Infirmary - Porthole suites & staterooms



AMENITIES

- Individual air conditioning
- Double bed (180 cm x 200 cm) or twin single beds (90 cm x 200 cm), depending on the cabin; adjoining cabins available (for child-friendly cruises)
- Minibar
- Flat screen TV, satellite channels
- Bose™ Bluetooth Speaker
- Electronic safe
- Selection of Dyptique Paris bath products
- Dressing table, hairdryer and robes
- Direct phone line via satellite
- 24-hour room service
- Unlimited free Wi-Fi

- 1 Owner's Suite** | 47 sq. m + 9 sq. m of private balcony
- 2 Alizés Stateroom** | 19 sq. m + 4 sq. m of private balcony
- 3-5 Alizés Prestige Staterooms** | 16 sq. m + 8 sq. m of private balcony
- 4 Alizés Privilege Suite** | 30 sq. m + 9 sq. m of private balcony
- 4+2 Alizés Grand Privilege Suites** | 49 sq. m + 13 sq. m of private balcony
- 6-16 Mistral Staterooms** | 14 sq. m + porthole
- 7-9-12-14-15-17 Mistral Prestige Staterooms** | 16 sq. m + porthole
- 8-11 Mistral Junior Suites** | 22 sq. m + porthole
- 10 Mistral Prestige Suite** | 27 sq. m + porthole



Visit the cabins of *Le Ponant* by scanning this pictogram.



Encounter

with Francine Kreiss :
'There is always a gift in the water'

Her chosen discipline is one in which calmness and contemplation guide every movement, every thought. Combining permanent amazement and wonder with warm, friendly magnetism, freediver, reporter and underwater photographer Francine Kreiss loves sharing her passion for the depths she knows so well. On board *Le Ponant*, she will be taking guests below the surface to explore the secrets of the Seychelles.

In 2011, you achieved the title 'world champion of the bubbles'. This title really intrigues us...

In Belgium, in the Nemo 33 pool, which was, at the time, the deepest in the world, an event was created with scuba and free divers. The goal was to record the largest number of bubbles in free diving, with a freestyle effect, whereby bubbles are made to pass one inside the other, for example. I stayed in the water for three hours. In the end, they said to me: "*Francine, you can get out, you've won!*" And as an added bonus, I had broken a record. This allowed me to demystify free diving, which is often considered as something morbid, associated with the depths, with a certain sense of elitism.

What does free diving mean for you?

I come from Southwest France, where I practiced surfing. I almost drowned three times and I realised that, in being relaxed in the water, I gained those few extra minutes I needed to survive. This is why I took up free diving! For me, it is a doorway to life and to awakening, it is a moment in which you cut yourself off from the world, but not from life. You pass beneath the surface, you "switch off" the noise. Silence has become a huge luxury. Even underneath the water, it has become difficult to find. In the Seychelles, for example, I experienced some perfect moments. Water is a soothing substance.

However, it is often said that the underwater worlds are not as silent as one might think...

You have to appreciate the distinction between noise and sound. Beneath the water, you experience a poetic sound – the fish knocking against the coral, the sound of the choppy waters, or sometimes the sound of your own heart, of your breathing in the snorkel...

How can you get into free diving, and what are the benefits?

In order to get started, you can begin with breathing. The paradox is that free diving is about learning not to breathe, and to do this, you must first learn how to breathe. Not everyone is at ease in the water. Some people will come to the Seychelles without even knowing how to swim. Their desire is admirable and we must support them as best we can. Silence and relaxation are two of the obvious benefits of free diving. I know that when I go into the water, I will come out feeling soothed. Because I descend deeper and deeper, because an unexpected fish passes by, because an image appears. There is always a gift in the water!

How will you assist guests?

Going on a cruise is no insignificant thing – you abandon the land to take to the water. I will invite those who wish to pass beneath the surface to descend one or two metres, and in so doing, to discover another dimension. I will establish the link between the surface and the marine world. First of all, I will talk to them about the life they will discover underneath the water, as the appeal lies in the exploration. And the Seychelles is fabulous for this.

In what regard is the Seychelles conducive to experimenting with free diving?

The first time I came to the Seychelles with PONANT, I formed a team with Seychelles natives. They talked to me about the Seychelles with such knowledge, and with an incredible love. With PONANT, you head off the tourist trails, you can explore colourful and vibrant reefs, and this really struck me: the fact that you can still find places where you can see colours on the coral.

Is there something different about the sea, about sailing, that particularly attracts you?

First of all: the silence! Being an expedition guide on a sailship has more meaning for me. There is a real purity to it: the sailship is like an ocean bird. You will feel as though no-one is bothering you. The sailship and free diving have a lot in common: you don't make a noise, you progress silently, you glide, you follow the wind, the tides, the waves...



Gentle underwater *rhythm*

Slow down the pace and take your time

'I sailed to the Seychelles for several seasons on board *Le Ponant*, in its former livery, with 64 guests – which in itself allows for a great sensation of freedom. Right now, the number of guests has been reduced by half: operations will continue at a more leisurely pace. We will be able to make better use of the diving and snorkelling sites, and the instructor will be more available to provide personalised support. In contrast with traditional expeditions, on board *Le Ponant* we also have the ability to perform introductions to diving. This may motivate some people to embark on more extended diving expeditions, as each excursion has its own set of surprises in store, and it is these surprises that really make the dives so amazing!'

Patrick Brissac, Director of Nautical Operations

Concentrated wildlife

'I was able to observe several species of shark and ray, not to mention the green and hawksbill sea turtles, tuna, and milkfish. Parrot fish (including the green humphead parrot fish), humphead wrasse, triggerfish, trevally, oriental sweetlips, snappers, sunfish, lionfish, barracudas, moray eels, octopuses, batfish, lobster, and groupers are also found here in large numbers. Corals are still in very good condition in the Outer Islands: their colours are stunning and the marine life there is highly developed. The wildlife of the granitic islands is something that divers will be familiar with; however, the underwater fauna of the coral islands is something that is rarely encountered: it is very timid.'

Loraine Legris, diving instructor

Protected seabeds

'Environmental conservation has been written into the Constitution of the Seychelles. At certain sites there is therefore an undeniable 'reserve effect'. Our teams, including nature guides native to the Seychelles, take particular care to respect these sites, and raise awareness among guests when delivering briefing.'

Patrick Brissac



Find the interview with Francine Kreiss
on our *Escales* blog by scanning
this QR Code.



INFORMATION & RESERVATIONS

Please contact your usual travel agency
or PONANT cruise advisors

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(1) Price is per person, based on double occupancy, based on availability. The category of stateroom to which this price applies may no longer be available. (2) Double cabin supplement for single occupancy waived on a limited number of cabins and according to cabin category. Offer valid on selected cruises. Fauna and highlights are only possible experiences and therefore can not be guaranteed. Find more information in the General Terms and Conditions of Sale at www.ponant.com. Photo credits: Romain Clergeat - iStockphoto; Fyletto - cinoby - amriphoto; ©Studio PONANT; Margot Sib / ©PONANT; Stirling Design International. All rights reserved. The photos used in this brochure are only possible experiences and therefore can not be guaranteed. Creation and design: EncreBleue, May 2022.