

Ecology

The trail is mostly dominated by coastal forest, with native trees, such as Indian-Almond (*Terminalia catappa*) and Takamaka (*Calophyllum inophyllum*) trees. Although introduced species such as Sed (*Casuarina equisetifolia*) have started to take over some parts of the coast. The pioneer plants, like

Female Seychelles Flycatcher



morning glory (*Ipomea pes-caprae*) and Vouloutye (*Scaevola sericea*), however have helped to protect the coast from invasive species.

At the beginning of Anse Coco beach you will notice a palm like trees. This is one of the endemic Pandanus of Seychelles, Vakwa bordmer (*Pandanus balfourii*), is common along the coast, being able to tolerate salt sprays, although it can also be found in more rocky areas in higher altitude.

You may see or hear birds, particularly when trees are flowering or fruiting, for example Seychelles Blue Pigeon (*Alectoenas pulcherrima*), Seychelles Bulbul (*Hypsipetes crassirostris*) and Indian mynah (*Acridotheres tristis*). The most graceful of them all however is the endemic Seychelles flycatcher. The male having glossy black plumages and female having a white underbelly, brown wings and tails and head similar to the males glossy black.

Other noises are likely to be the singing of cicadas or crickets or Seychelles skinks (*Mabuya sechellensis*) scuffling through the dry undergrowth.

The Pink ghost crab (*Ocypode ryderi*) is an example of an organism that thrives in such habitat. This small omnivore occupies the role of both predator and scavenger and are crucial in the balance of the islands ecology. In the streams, a small endemic Gouzon fish (*Pachypanchax playfairii*) may be seen swimming in the shadows.



Tidal swamp

The tidal marshes which fluctuates with the in and out flow of seawater, creates the perfect habitat for different species to thrive, since it carries nutrients that stimulates plant growth in the marsh and carry out organic material that feeds coastal organisms, in addition, it is a natural protection from storm surges.



La Digue, Seychelles

	You are here		Caution on section		Bridge		Boardwalk
	Start of trail		Steep path		Kiosk/Shelter		Major road
	End of Trail		Panoramic view		Barbecue		Secondary road
	Point of interest		Parking area		Toilets		Trail path



Direction of trail

Getting there

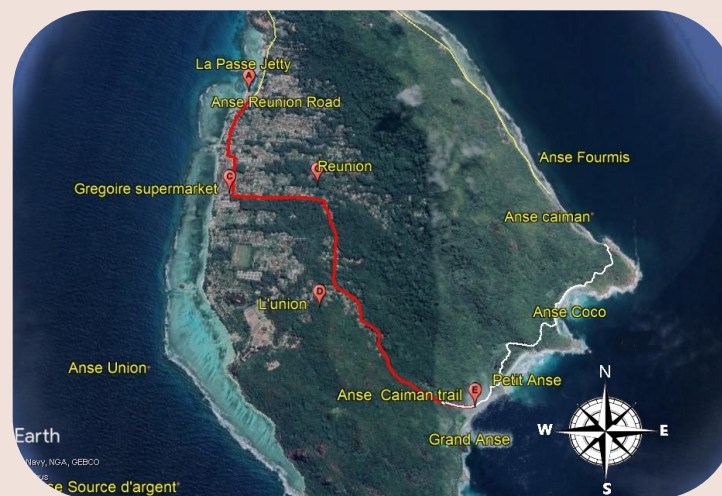
From the La Passe jetty, make your way to the right, passing fish trap restaurant. Continue on the main road, which is found on the plateau. The first junction, is about 900m from the jetty, right after Gregoires's supermarket. Take a left on this junction, passing by the Veuve reserve until you meet another intersection, where now you should make a right turn.

You now have about 2 km to go. The road now gradually ascends to an altitude of 63m meters, before sloping down to the other side, leading you to Grand Anse beach. From there, the pavement ends and the road is now a mixture of sand and soil, which can get muddy in rainy seasons.

Caution;

Because the trail starts off steep, make sure you have proper hiking boots, hat and plenty of water. It gets really hot and humidity is high.

Length of trail: 2.52 km
Highest peak: 40 m
Difficulty: Medium
Duration: 1.5 hrs.



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The trail

The trail is about 2.52km long, reaching an altitude of 40 m. The trail is somehow challenging, since paths turns rocky in certain locations. It also has parts that runs along the coasts, so beware of the beaming sun. Your journey begins at Grand Anse, with a beautiful view of the bright sandy beach. Morning glory (*Ipomea pes-caprae*) is widespread at this point, sometimes even covering the path. A sign will direct you to a small entrance, where you pass over a small bridge, by a beautiful tidal marsh, with stunning rock formations in the background.

A few miles from the marsh, you will end up at the bottom of a rocky flight of steps, which leads you to the other side of a hill, leading to Petit Anse. From there, the path runs back into the coastal forest, where you will be greeted by the gracious, endemic Seychelles flycatcher. The trail continues under a canopy of coconut and Takamaka trees, leading to another flight of steps, this time leading to a beach called Anse Coco. You are now on the last stretch of the trail, passing through canopies field with the zig-zagging vanilla vines. Once you reach the end of the trail, you will see a sea pool and very old ruins, including one of an old copra storage unit resembling an old church. Since the main industry on La Digue was coconut farming, it is no surprise to find many of these old ruins scattered around.



Seychelles
National Parks
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