

# UNFORGETTABLE EXPERIENCES

Technical data sheets  
Reunion Island Tourism Board





# LOCAL STORIES



Dive into the heart of the island's traditions with Local stories, authentic experiences which reflect the local way of life. You will find yourself in places with plenty of history, meeting the locals who will share the secrets of Reunion Island's heritage with you.

Move to the sounds of the music, try some Creole cuisine and sample the typical, local produce! Reunion Island will awaken your senses.







**LOCATION: POINTE DES CHÂTEAUX / SAINT-LEU**

Company: **LA MAISON DU COCO**   

In Domaine de la Pointe des Châteaux, Maison du Coco, the only producer of virgin coconut oil in Europe, is a 7 hectare farm, nestled in the heart of a coconut plantation and a tropical orchard.

Here you can discover all the secrets of the «Tree of life» (the coconut tree) with an interactive workshop consisting of 3 stages:

### 1 - Origin and uses of coconut:

- Culinary uses: water, virgin oil, milk, sugar etc.
- Cosmetic uses: massage oil, soap.
- Industrial uses: rope, charcoal etc
- Crafts: palm weaving, coconut shell crafts etc.

### 2 - Cooking with coconut:

- Cooking, cleaning and breaking coconut
- Grating coconut - making «coconut sweets» or «coconut macaroons».
- Pressing fresh coconut - getting coconut milk then preparing a «little coconut punch».

### 3 - Introduction to palm weaving

- Learn the basics of weaving and create a small decorative object.

At the end of this half day full of discoveries lunch is served featuring coconut in all its forms (from the aperitif to the dessert - here coconut is king!)



©photos: DR / La Maison du coco



From Tuesday to Sunday.  
Reservations must be made 48 hours in advance.



Maximum: 20 people per half day



Début de la prestation à 10h.  
2h d'atelier + déjeuner.



**Price from :**  
Price for the half day  
(2-hour workshop followed by lunch): €25/person



For more information, go to the website:  
**<https://en.reunion.fr/>**

or by phone:  
La Maison du coco : +262 (0)6 92 70 63 73  
ou +262 (0)2 62 76 95 39



©photo: DR / La maison du coco





**LOCATION: LE TREMBLET / SAINT-PHILIPPE**

Company: **L'ESCALE BLEUE**



Founded in 1986, Escale Bleue is an artisan company specialising in vanilla. Located in Le Tremblet, Escale Bleue was the first vanilla workshop in the Saint-Philippe region on Reunion Island, and has become one of the oldest vanilla producers on the island.

### The rewards:

- In 2009, an Agricultural Merit Medal.
- In 2014 this art was finally recognised by the state: Escale Bleue's vanilla became a French artisan heritage product and the company became one of the first on Reunion to get state approved «Living Heritage Company» certification.

### Schedule:

- Regular tours between 9.30am and 11.30am and between 1.30pm and 4.30pm. Meet at the Le Tremblet site (St-Philippe).
- You will be welcomed by Aimé and Nicole Leichnig, the proprietors.
- During the tour you will learn everything there is to know about this formidable orchid known as vanilla and how it is prepared, from growing it to processing it until the famous pods that everyone knows are produced.
- You will also discover an exceptional vanilla: blue vanilla.  
Blue vanilla comes mainly from the Planifolia species and is remarkable for being so fine and sweet. And also for the way it looks, which makes it one of the most beautiful vanillas.  
The expertise specific to Escale Bleue has enabled this organic product to be developed. Blue vanilla was created above all to reduce waste: it is entirely edible, including its skin!
- You can also taste all the different rums and delicacies which are available to buy in the shop.

*\* Alcohol abuse is dangerous for health. To consume with moderation.*



©photos: DR/ l'Escale Bleue



Reservations not essential.  
For groups of 10 people or more,  
reservations are required.  
Closed on Sundays.



For English speaking tourists,  
booking is recommended 24 hours  
in advance to ensure an English  
speaking guide is available.



Duration : Approximately 45 minutes.



**Price from:**  
Adult: €5/person.  
Children from 10 to 13 years: €3.



For more information, go to the website:  
**<https://en.reunion.fr/>**  
or by phone:  
l'Escale Bleue : +262 (0)2 62 37 03 99



©photo: DR/ l'Escale Bleue





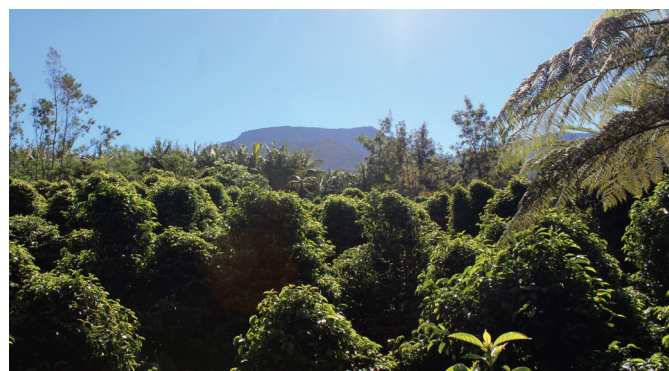
### LOCATION: GRAND COUDE / SAINT-JOSEPH

Company: **LA MAISON DU LAURINA**  
(Laurina Bourbon Pointu Coffee grower and processor)

In an oasis of unspoilt nature, on the outskirts of the village of Grand-Coude, La Maison du Laurina welcomes you and takes you to a world where Bourbon Pointu coffee is king.

**Schedule:** From the nursery to the cup

- 2pm: Meet at La Maison du Laurina. Jacques and Marie-Claude will welcome you.
- Walk downhill to the coffee plantations.
- Tour of the coffee plantation: approximately 4,000 plants covering 15,000m<sup>2</sup>. You will learn about the whole process: the nursery, growing the plants, planting them, the flowering phase and harvesting the cherries (by hand only, from September to January).
- Quick tour of the factory behind the museum: see the fruit being removed from the pulp, being processed, shelled, sorted, roasted and packaged for sale. All these processes are carried out by Jacques.
- Tour of the museum: the history of coffee can be retraced here with texts, old machines and old coffee utensils.
- Discover all the products made by Marie-Claude and Jacques (Bourbon Pointu coffee, jelly, liqueurs, coffee cream, shortbreads, etc.); All the stages in the production of these products, from farming to processing, take place directly on site.
- The tour ends around 4pm.



©photos: DR/ La maison Laurina



Guided tours available every Tuesday and Thursday at 2pm.  
**Reservations must be made at least 72 hours in advance.**



Guided tours for:  
2 people minimum / 15 people maximum.  
For groups, possibility of lunch on site - reservation required 72h in advance.



Approximately 2 hours with the tasting session.



**Price from :**  
Adult: €15 / person  
Children under 10: €10 / person.

**Included:** guided tour of the plantations, the processing plant and the museum, tasting session.



**For more information, go to the website:**  
<https://en.reunion.fr/>  
or by phone:  
La Maison du Laurina : +262 (0)6 92 03 54 78



©photo: DR/ La maison Laurina





**LOCATION: 23<sup>E</sup> KM - PLAINE-DES-CAFRES**

Company: **LE CABARET PAT'JAUNE** 

The people who live in the highlands of Reunion Island are called «Petits Blancs des Hauts» (Little White Highlanders) or Youl, Yab, Liton and even Pat'jaune (yellow feet). This Creole expression comes from the colour of the farmers' feet after working in the saffron (turmeric) fields.

As proud representatives of this region of the island, four musicians chose to name their group Pat'Jaune.

Originally consisting of the three Gonthier brothers, Michel, François and Bernard (from a family of 12 children), Pat'Jaune was officially formed in 1993. Claudine Tarby has been a part of the group since 2000, adding a feminine touch on percussion and vocals.

In 2003 Pat'Jaune was awarded the title of «Best Musical Group of the year» and «Best Reunion Album of 2002» (with the Ti Catoune album) by a jury made up of performing arts professionals and the local press.

## Schedule:

- 7:30pm: Meet at Cabarte Pat'Jaune
- You will be welcomed by the group in person and escorted to the restaurant.
- An aperitif (fruit juice or home-made punch) will be served with different Creole specialties (samosas, «bonbons piments»).
- After these appetisers, you will move to the concert hall. Pat Jaune will perform their amusing and poetic show. They will take you back in time, to the Reunion of days gone by.
- Back to the restaurant to try traditional caris cooked on a wood fire served with rice and rougails (chicken cari, rougail z'andouillettes, etc.). Then the journey continues...
- Back to the concert hall.
- The atmosphere cranks up: but not without a sense of humour. Pat'Jaune tell anecdotes about daily life in the highlands, to the sound of the banjo, the guitar, the mandolin, the violin and the double bass.
- You can take gourmet breaks in the restaurant and go back to the concert hall as you please for the rest of the evening.
- Around 11.30pm the journey ends.



©photos: IRT/ La Vie en Mauve



Cabaret every Friday and Saturday night.



Reservations must be made by email at [patjaune@wanadoo.fr](mailto:patjaune@wanadoo.fr)



Duration of the cabaret: 4 hours.



### Prices:

Single price: €53/pers

**Included:** the show, meal and aperitif.

**Non Included:** drinks.

Maximum capacity: 60 people.



For more information, go to the website:  
<https://en.reunion.fr/>

or by phone

Pat'jaune : +262 (0)6 92 85 81 14

**Address:** 23 rue du Père-Favron, Piton-Ravine Blanche, 97418 Plaine-des-Cafres







**LOCATION: SAINTE-ROSE**

Company: **LA PLANTATION  
VANILLA-BOURBON**



The Vanilla Bourbon plantation is in the heart of the Sainte-Rose highland forest, 300m above sea level. This is where the vanilla grows, which is so appreciated by great gourmet chefs and connoisseurs.

The forest, which is home to the 5 hectare farm, is a protected site, containing a variety of endemic species, on an ancient lava flow dating back to 1708.

Mindful of the environment and our planet, the vanilla is farmed organically in a way which respects nature and the forest.

#### Schedule:

- 1pm: Meet on site.
- You will be welcomed by Maryse.
- You will learn all about the secrets of vanilla farming: from planting the liane to processing vanilla pods and the main crops of the vanilla plants. From fertilisation to attaching the vines to trunks, not forgetting the harvest and preparation, you will know everything there is to know about this orchid's fruit that is so prized.
- The tour continues in the primary forest. This is where you will find endemic, indigenous and exotic species (trees, orchids, ferns and mosses).
- Nowadays the Vanilla-Bourbon Plantation has over 9,000 vanilla plants, a papaya grove with 200 plants, a palm grove with 300 plants and a real Creole orchard.
- Tour ends around 3pm.



©photos: DR/ Plantation Vanilla-Bourbon



Reservations must be made  
at least 24 hours in advance.



Maximum: 15 people per tour.  
**IMPORTANT :** Wearing walking shoes  
or trainers is recommended,  
as well as bringing a rain jacket.  
Also bring mosquito repellent.



Approximately 2 hours



**Price from :**  
Adult: €9 /person  
Children under 10 years: €6 / person



For more information, go to the website:  
**<https://en.reunion.fr/>**  
or by phone:  
Plantation Vanilla-Bourbon : +262 (0)6 92 15 76 37



©photo: DR/ Plantation Vanilla-Bourbon







**LOCATION: BAGATELLE / SAINTE-SUZANNE**

Company: **LE FAR FAR KREOL**



## Schedule:

- 8am: Meet at Chaudron market in St-Denis. Jacky will wait for you there. With his legendary smile, you can't fail to recognise him!
- In a small group you'll wander through the brightly coloured market full of different smells in search of produce which he will use during the cookery workshop. Jacky will use this time to show you all the fruit and vegetables from days gone by.
- Once you've done the shopping (approximately 1 hour), you head to Ste Suzanne, to the home of your Chef of the Day.
- The workshop starts: Jacky teaches everyone the basics of Creole cuisine, his tips and secrets, from starters through to dessert.
- You will learn how to make samosas and «bonbons piments», real caris on a wood fire and delicious local desserts.
- At the end of the workshop you will enjoy meal together in the traditional way.



©photo: IRT/ Phinco



©photo: IRT/ E. Virin



An unforgettable day of cooking together, full of colours and flavours to make your mouth water!



Workshop available every days, except Mondays and Thursdays.  
Reservations must be made 24 hours in advance  
The workshop can be booked on Fridays when you meet at the market in St-André.



6 h minimum.



Price: €39 / person  
Free for children under 18 years (2 maximum accompanied by their parents).  
**Included:** trip to the market, fresh produce, cookery workshop, meal + drinks.  
Minimum 1 person / Maximum 20 people.



For more information, go to the website:  
<https://en.reunion.fr/>  
or by phone:  
Le Far Far Kréol : +262 (0)6 93 00 91 36



©photo: IRT/ E. Virin





**LOCATION: ÎLET BETHLÉEM / SAINT-BENOÎT**

Company: **LES AVENTURIERS DE L'EST**



In the lush setting of Rivière des Marsouins, in the heart of the lychee orchards, Les Aventuriers de l'Est offers trips to discover a place steeped in history: Îlet Bethléem.

This old religious site founded by the Sisters of Mary is now popular for walks, picnics and swimming.

This walk will immerse you in the tropical environment of the East coast, the agricultural heritage past and present, the tradition of Reunion picnics and the history of a forgotten village.

#### Schedule:

- 9.30am: Meet at the car park in Îlet Bethléem / St-Benoît.
- You will be welcomed by Geoffrey or one of the other guides from Les Aventuriers de l'Est.
- Set off for a 2.5 - 3 hour walk along Rivière des Marsouins
- You will pass exotic fruits, tropical flowers and medicinal plants along your route.
- At the end of the walk, a «fruity aperitif» will be served, when you can taste local fruit and treats.



A Creole picnic can be organised on the banks of the river for groups of 10 people minimum (with additional charge).

**Included:** guided tour, "Fruity aperitif," fruit tasting, local treats and drinks.



©photos: DR/ les Aventuriers de l'Est



Tour available on Saturday mornings  
Reservations must be made 48 hours in advance.



#### What to bring:

Hiking shoes, hat, bottle of water,  
waterproofs (just in case),  
mosquito repellent, sun cream and long,  
lightweight clothes are recommended.



2.5 to 3 hours.



Price from :  
€25 per adult.  
€€5 for children to 7 until 17 years old.  
€60: package (2 adults + 1 child).  
Free for children under 6.  
Maximum 15 people/tour.



**For more information, go to the website:**  
**<https://en.reunion.fr/>**

or by phone:  
Les Aventuriers de l'est : +262 (0)6 92 34 45 21  
Eastern Intercommunal Tourist Office:  
+262(0)2 62 46 16 16 et +262(0)6 92 79 33 01



©photo: DR/ les Aventuriers de l'Est







**SITUATION : GRAND-COUDE – SAINT-JOSEPH**

Company: **LE LABYRINTHE EN-CHAMP-THÉ**



*These crops are certified Organic by Ecocert*

At Labyrinthe En-Champ-Thé you can learn all about white tea (the only white tea plantation in France) and green tea, from the tree to the cup.

### The tours are suitable for:

- Tea lovers who want to know everything about this wonderful plant with a thousand and one flavours and its benefits,
- curious people, of all ages, who want to have fun and a good time, while discovering this plant with proven benefits.

### Schedule:

- 10am or 2pm: Meet on the site to start the guided tour.
- Accompanied by an enthusiastic guide, you will discover the history of tea, the plantation, the fields where it is harvested, the tea maze, and all kinds of geraniums.
- This agricultural garden is essentially a tea and geranium plantation, but you will also be able to see a host of tropical flowers, fruits and vegetables and let yourself be transported by the different unusual scents.
- At the end of the tour, taste tea and different produce from the plantation.



©photos: DR/ Le labyrinthe en champ thé



©photo: DR/ Le labyrinthe en champ thé



Reservations must be made at least 24 hours in advance for the guided tour.  
You can visit at your own pace (without a guide).



Price from :  
Guided tour: Adult - €8.50.  
Children from 6 to 12: €4.50.  
Children under 6: free.  
Self-guided tour: Adult - €5.50.



Approximately 1.5 hours with the tasting session.



For more information, go to the website:  
<https://en.reunion.fr/>  
or by phone:  
Le Labyrinthe en-Champ-Thé: +262 (0)6 92 60 18 88







### LOCATION: SAINT-PIERRE

Company: **CHARRETTE BŒUF / SAGA DU RHUM / ANIME PIQUE-NIQUE / DESTINATION SUD RÉUNION**

A long «ox cart» ride, accompanied by a guided tour of the «La Saga du Rhum» museum with rum tasting, and a Creole picnic.

***This activity is proposed during the sugar cane cutting season (July to December).***

#### Activity schedule:

- 8.15am : Meet up with Sandy, the cart driver, next to a field of sugar cane in Saint-Pierre.
- Take your place in the cart then head off through the cane fields to the Saga for about 2 hours.
- Along the way, visitors discover the work of the cart driver, as well as the cane cutters (anecdotes, learn about moka cattle, a typical Reunionese species, how they're trained etc). Sandy is an endless source of knowledge on the subject and helps visitors understand all about the lives of the cane farmers. Photo stops, tasting a nice piece of freshly cut sugar cane and a demonstration of ox teams are all provided along the way.
- Back aboard the cart, it's time to head for Rum Story where a one-hour guided tour awaits visitors. The tour includes a short rum tasting opportunity.
- The picnic break then follows in the museum's garden. The products on offer are typically Creole.
- Another hour in the cart sees you back at your vehicle around 3.00pm.



©photo: IRT/ La Vie en Mauve



Reservation required.

Excursion schedule: every Wednesday during the sugar season (from July to the beginning of December).

See the dates on the website:  
[www.sudreuniontourisme.fr](http://www.sudreuniontourisme.fr)



#### What to bring:

Shorts or light trousers, hat, sunglasses, sunscreen, water bottle and rainwear.



Price from :

€73 / adult

€46 / child (6 to 10 years)

Excursions guaranteed with a minimum of 4 people.  
Maximum: 10 people, maximum: 4 children/outing.



+/- 7 hr



For more information, go to the website:

<https://en.reunion.fr/>

or by phone:

Southern tourism Office: +262 (0)2 62 35 69 51



#### Meeting point:

Lieu de rendez-vous : Zac Canabady Saint-Pierre (Mr Bricolage)  
Parking nearby.

*\* Alcohol abuse is dangerous for health. To consume with moderation.*



©photo: IRT/ La Vie en Mauve







**LOCATION: BEZAVES – SAINT-JOSEPH**

Company: **FAR FAR DE BEZAVES**

Mr Didier Hoareau is one of those who don't wish to see part of the island's agricultural heritage die out: namely, vetiver.

A farmer, he arranges tours so visitors can learn all there is to know about this grass along with other crops to be discovered (banana, sugar cane, pineapple, coffee, various citrus fruit...) that make up the wealth of Reunion's agriculture.

This visit lets you **discover vetiver from root to leaf** while helping out with its harvesting or growing.

### Visit schedule:

- 9.15am or 1.45pm: Meet at Far Far de Bezaves, in the heights of Saint Joseph

Points covered:

- 1 - Geographical and environmental location of the agricultural site.
- 2 - Drying area, storage, preparation and use of vetiver
- 3 - Walk through the fields: sugar cane, songe, coffee, pineapple, citrus fruits, geraniums, brèdes...
- 4 - Stop off at a vetiver field overlooking the entire coast.
- 5 - Workshop you can join in: depending on the season, visitors can join in harvesting the plant or planting it.
- 6 - Stop at a traditional still: distillation of the plant to recover its essential oil and vetiver hydrosol.
- 7 - Time for discussion over a delicious pei cake and a cold or hot drink.



©photo: IRT/ La Petite Créole



Reservations required 24 hours in advance.  
This experience is scheduled every Monday and Wednesday.

The tour may be cancelled by the service provider in the event of adverse weather conditions.

**Min: 1 person / max: 15 people**



### What to wear/bring:

Casual clothing, hat, sunglasses, rain gear, closed shoes such as tennis or walking shoes, a bottle of water.



Price from :

€8/person (13 and over).

€4/child from 4 to 12 years.

Free for children under 3.

This price includes: the guided tour, the hands-on workshop, refreshment at the end of the visit. A small area is set aside for vetiver-based products or other species from the Far Far de Bézaves plantation.



Tour last around 2 hours



For more information, go to the website:

**<https://en.reunion.fr/>**

or by phone:

Didier Hoareau : +262 (0)6 92 19 97 93

Tourist Centre for the Wild South:

+262 (0)2 62 37 37 11



Immerse yourself in the world of farming.

Discover an authentic and internationally recognised product (widely used in perfumery among other things).

### Please note:

Depending on the season, the harvest and the weather, the workshop out in the fields can also be organised in the storage area and adapted to the conditions (making bundles of vetiver roots or leaves, sorting etc).







**LOCATION: SAINT-ANDRÉ - EAST COAST**

Company: **EASTERN INTERCOMMUNAL  
TOURIST OFFICE**

This **family and community based** temple is open to visitors for immersive tours. The Maryen Peroumal Temple is actually the only temple on the island today which allows travellers to **enter inside its walls**. Learn all about the deities, the philosophy of the Tamil culture and ancestral rites. Visitors will find themselves immersed in this universe of worship and religion and enjoy a rare and rewarding experience.

### Activity schedule:

**The day before:** To respect this sacred place, travellers are strongly advised to eat only vegetables and starchy foods (rice, grains etc.) the day before the tour. Avoid eating meat and any animal products.

For information, all practising Hindus who want to come to the temple to pray or enter inside the temple walls, must fast for a few days.

This day of fasting will enable travellers to immerse themselves in this experience and enjoy this special moment to the full.

### On the day of the tour:

- 10am: Meet in front of the Maryen Peroumal Temple in Saint-André.
- Welcome by Jairo.
- Briefing and start of the tour.
- Explanation about the temple façade (architecture, history, deities etc.).
- Then, the small group will enter the temple following a route similar to that taken by the faithful when they come to pray at the Temple.

- Throughout the tour, as Jairo explains about the venerated deities, you will take part in various rituals (e.g. lighting the lamp, incense).

All your senses will be awakened and travellers will be immersed in this universe of different beliefs and bright colours.

- This very comprehensive tour will rouse your curiosity, enable travellers to (re)discover the Tamil culture and experience a special moment inside a «Malbar» temple (this is what Hindus are called on Reunion Island).

- The tour ends around midday.



©photo: IRT/ La Petite Créole



Every day except Sunday.

Reservations must be made at least 24 hours in advance.



### Please note:

Out of respect for this holy place, for the faithful, for the community and family who make this tour possible, appropriate attire is strongly encouraged.

The following are prohibited: shorts, skirts and short T-shirts, low-cut necklines and any leather accessories.

Women who are menstruating are not allowed to join the tour.



### Price:

Adult (age 15 and over): €10 / person

Children aged 8 - 14: €5 / person

Included: the tour accompanied by a guide  
Minimum: 2 people / Maximum: 12 people.



Duration of the tour: approximately 2 hours.



For more information, go to the website:

<https://en.reunion.fr/>

or by phone:

Eastern Intercommunal Tourist Office:

+262 (0)2 62 46 16 16 ou +262 (0)6 92 79 33 01



- The only tour of this kind on the island.
- Total immersion in this religious universe.
- A family and community based temple.







**LOCATION: SAINT-ANNE - EAST COAST**

**Company: AVPPHSM**

(Association for the Promotion and Preservation of the Heritage of the Sainte Marguerite Highlands)

Created in 2009 by 3 farmers, Philippe Morel, Loïc Boyer and Alain Maillot, the aim of this association is to share knowledge and a real passion.

Wanting to showcase their products and their profession, these men of the land offer travellers a chance to visit their farm and taste the fruit and vegetables of yesteryear. The visit is followed by a traditional lunch served on banana leaves.

Philippe Morel also offers a cookery workshop with a wood fire prior to the start of the visit.

A full day where visitors can immerse themselves in the life of a Creole farmer.



©photo: IRT/ La Petite Créole

## Schedule for the tour:

### Option 1:

- 8am: Meet at the farm for the cookery workshop. Welcome by Mr Philippe Morel and meet the rest of the participants.
- Cookery workshop from 8am to 10am.

### Option 2:

- 10am: Meet at the farm to join the 1st group and complete the cookery workshop.

### All together:

- Around 10am: share some delicious fried rice cooked on a wood fire (leftover rice, mixed with leftover cari)
- Tour of the farm's fields. Philippe will let everyone feel, touch and taste everything that they come across along the route (sugar cane, seasonal tropical fruits)
- Head back to the house
- Lunch together under the veranda: every traveller will taste the cari prepared that morning, served on banana leaves and eating with their fingers. A true traditional Creole meal to delight the taste buds. Dessert consists of delicious home made local cakes; and to finish, authentic roasted coffee
- After lunch, those who want to can stroll around the site: Philippe will be delighted to show you his beehives or continue to share his passion, his knowledge and his daily routine.
- Around 4:00pm. the tour ends.



Reservations recommended 24 hours in advance.

This experience takes place :

- Every Saturday, Sunday and Wednesday from March to June.
- Every Saturday and Sunday from July to February.

The service provider reserves the right to cancel the tour, either the night before, or in the morning if the weather conditions are not suitable.

Min: 2 people / maximum 15 people.



### What to wear/bring:

Sportswear, waterproofs, sun cream, cap, change of shoes.



Price:

13 years and over: €35 / person.

From 6 to 12 years: €17.50 / child.

This price includes: the cookery workshop (optional).



Duration: approximately 6 hours.



For more information, go to the website:

<https://en.reunion.fr/>

or by phone:

Eastern Intercommunal Tourist Office:

+262 (0)2 62 46 16 16 or +262 (0)6 92 79 33 01



- A real Creole meal cooked on a wood fire.
- Total immersion in the world of farming.
- Discover lost flavours, the fruit and vegetables of yesteryear.







**LOCATION: SAINT-BENOÎT - EAST COAST**

Service provider: **EAST OTI / LA SIRANDANE**



Do you like good food and love new flavours? But above all, would you like to spend a pleasant day in a friendly and relaxed atmosphere? Then this day is made for you!

Go and discover the Creole cooking of Reunion and make dishes from days gone by full of authentic local flavours.

### Schedule:

- 8am: Meet at La Sirandane. Welcome by Daniel, the owner of this magnificent house.
- The day starts with a typical breakfast consisting of fried rice («risofé») and «ek saucisses pété» served with home roasted coffee.
- Around 9.30am: Start of the cookery workshops: everyone follows Daniel's recommendations and advice. We sort, we cut, we mix, we season and the smells gradually take over the kitchen.
- Around 12:30pm: 100% home made lunch: a local aperitif served with freshly fried samosas to start this gourmet meal. The curries, still in the pan, are served in the traditional way, in woven palm leaf trays, in which banana leaves («fig leaves») will be placed. And to finish this moment of chatting and sharing, a dessert and a «Ti Yapana» will be served, to end on a sweet note and aid digestion.
- After lunch, you can enjoy the swimming pool (unsupervised) or soak up the sun on the sun loungers which are provided.
- Around 3pm: end of the day.



- A real Creole meal cooked on a wood fire.
- A warm, friendly atmosphere, «like being at home».
- Try forgotten flavours, (re)discover products from days gone by.



©photo: IRT/ La Petite Créole



Booking recommended 24 hours in advance  
This experience takes place  
from Tuesday to Sunday  
Min: 4 people / Max: 15 people



### What to bring:

Swimsuit and towel (for those who would like to use the swimming pool).  
Please note: swimming is unsupervised



Price from :  
16 years and over: €39/pers.  
6 to 15 years: €20/ pers.



Duration: +/- 7h00



For more information, go to the website:  
<https://en.reunion.fr/>

or by phone:  
Eastern Intercommunal Tourist Office:  
+262 (0)2 62 46 16 16 or +262 (0)6 92 79 33 01



©photo: IRT/ La Petite Créole



# OFF THE BEATEN TRACK

Get off the beaten track and enjoy something truly different, an intense experience! Try amazing, sensational activities surrounded by natural beauty; enjoy thrilling experiences and unforgettable moments, discover stunning landscapes. A real sense of freedom comes from pushing yourself to the limit!







**SITUATION : TROU D'EAU BEACH / SALINE-LES-BAINS**

Company: **LAGON RÉUNION** 

Reunion Island's west coast is surrounded by coral reefs. Home to a remarkable biodiversity, with over 3,500 species, these reefs also represent a remarkable cultural and natural heritage.

#### Schedule:

- 4pm or 5pm (depending on the season): Meet at Trou d'Eau beach.
- Welcome by the Lagon Reunion team.
- Introduction to transparent kayaks.
- For 1.5 hours, with your guide, you can observe a multitude of fish and coral which live in the lagoon through the bottom of the transparent kayak.
- Throughout the trip the guide will explain how the reef was formed and tell you all about the species that live there. The specialist seabed guide is trained by Reunion Island's Natural Marine Reserve and other bodies working to protect the island's lagoon.
- Debrief at the end of the trip.
- Couples are then invited to spend time alone, with a cocktail, to watch the last rays of the setting sun, in front of the lagoon.



©photos: DR/ Lagon Réunion



The price includes photos + videos + local cocktail (alcoholic or alcohol free) + Creole tapas (samosas, spring rolls, «bonbons piment»).

The cocktail and tapas will be served on the terrace by the water.



©photo: DR/ Lagon Réunion



On request. Reservations must be made 48 hours in advance.



Duration:  
2 hours at sunset in a transparent kayak  
- 1.5 hours on the water.



**Price from :**  
€45 / person.  
Min: 2 people / Max: 12 people.  
Possibility to privatize this activity for 2 people.



For more information, go to the website:  
**<https://en.reunion.fr/>**  
or by phone:  
Lagon Réunion: +262 (0)6 92 30 74 74





**LOCATION: CIRQUE DE SALAZIE / EAST COAST**

Company: **ENVERGURE RÉUNION**



Trou Blanc canyon is a must do on Reunion Island. It's like a natural water park and great fun. The canyon is known for its slides with names such as: the raclette, the particle accelerator, the washing machine. You can also give abseiling a go here. Thrill-seekers won't be disappointed on the final zip line descent (if the final pool is full of pebbles the zip line is not open). There are jumps of 2 to 8 metres in the Trou Blanc canyon, but you don't have to do them if you don't want to.

More than just a canyoning descent, this is a journey through the geological history of Reunion Island. You will cross an old magma reservoir on Piton des Neiges and see magmatic inclusions. There will be a commentary about all these landscapes as you descend

#### Schedule:

- 8am (8:30am in winter): Meet at the bakery in Hell-Bourg in the Cirque de Salazie.
- Welcome by Simon, Julien or Mélissa.
- Transfer to the Trou Blanc canyon car park.
- Get your canyoning suit, harness and helmet. Neoprene socks and fleece undersuits are available for anyone who feels the cold.
- A shared waterproof drum and canyon bag will be used to carry the snacks.
- A short walk and a 45 minute climb - ideal to warm up and stretch your legs.
- Time to set off down Trou Blanc canyon - it's now or never! Put on your neoprene suit and listen carefully to the briefing before enjoying the thrills of canyoning.
- Obstacle courses, abseiling, slides, jumps and zip lines - they're all here. (All the jumps are optional.) And it's all topped off with a picnic for lunch.
- At the end of the route there's a 10 minute walk to get back to the car park.
- If you want you can have a drink and a chat in the village of Hell Bourg afterwards.
- The trip ends in the middle of the afternoon.



©photos: DR/ Envergure Réunion



Reservations must be made at least 24 hours in advance.



You must be able to swim 25 metres, put your head under water, not be afraid of water and be in good physical shape. Minimum age 14. The Trou Blanc canyon is suitable for beginners. Minimum 1 person / Maximum 50 people.



Duration:  
Approximately 7 hours



#### Prices:

Prices: €75 / person.  
No children's rates.



For more information, go to the website:  
<https://en.reunion.fr/>

or by phone:  
Envergure Réunion: +262 (0)6 93 43 23 52



**Included:** supervision by state qualified professionals, neoprene suits, harness and helmet (neoprene socks and fleece undersuits are available for anyone who feels the cold).

**Non Included:** midday snack.

**What to bring:** swimsuit, trainers, spare outfit, snacks and water.







**LOCATION: CIRQUE OF SALAZIE / EAST COAST**

Company: **AUSTRAL ADVENTURE**



It's the star of the river canyons on the island, a refreshing and thrilling adventure. Be the «Indiana Jones» of Reunion Island!

Trou Blanc canyon is all about abseiling down bouncing waterfalls, jumping feet first into refreshingly cool water, swimming across clear, emerald green coloured pools and sliding down natural water slides carved into the rock.

It's a thrilling cocktail of adrenaline and white water, a radical way of making you feel good and full of life.

This unforgettable canyoning experience takes place in one of the most beautiful cirques on Reunion island. At the foot of the Piton des Neiges, this canyoning route is perfect for fans of all levels, from beginners to accomplished athletes, to discover the joys of a white water adventure.

Very quickly, the initial sensations are replaced by the joy of splashing about and navigating the waterfalls.

#### Activity schedule:

- 8am: Meet outside Austral Adventure in Hell Bourg.
- Welcome by Jean-Marc.
- Transfer to the Trou Blanc canyon car park.
- Get your canyoning suit, harness and helmet.
- A shared waterproof drum and canyon bag will be used to carry the snacks.
- Short 45 minute walk uphill to reach the canyon.
- Time to set off down Trou Blanc canyon - it's now or never! Put on your neoprene suit and listen carefully to the briefing before enjoying the thrills of canyoning.
- Then it's a succession of obstacle courses, abseiling, slides, jumps (all the jumps are optional) and zip lines.
- A break for a picnic is scheduled at noon. This is when Jean-Marc will tell travellers all about the natural and unspoilt setting that they are exploring, about the formation of the canyon, with plenty of amusing anecdotes of course.
- At the end of the route there's a 10 minute walk to get back to the car park.
- If you want you can have a drink and a chat in the village of Hell Bourg afterwards.
- The trip ends in the middle of the afternoon.



**What to bring:** swimsuit, trainers to wear in the water, change of clothes + spare footwear, snacks and water, waterproof cameras only.

Canyoning shoes can be hired (contact the company directly).



©photo: DR/ Emmanuel Virin



©photos: DR/ La vie en mauve



Every Saturday.  
Reservations must be made  
at least 48 hours in advance.



You must be able to swim 25 metres, not be afraid of heights, be able to put your head underwater, like water and be in good physical health. If visitors have any health issues, they must discuss them with the guide (e.g.: asthma etc.).  
Minimum age: 14.



Duration:  
Approximately: +/- 07 hr.



**Price:** €75 / person - No children's rates.  
**Included:** supervision by state qualified professionals, neoprene suits, harness and helmet (neoprene socks and fleece undersuits are available for anyone who feels the cold).  
**Not included:** lunch time snack + bottle of water.  
Minimum 1 person / Maximum 30 people.



For more information, go to the website:  
<https://en.reunion.fr/>  
or by phone:  
Austral Adventure: +262 (0)6 92 87 55 50





**LOCATION: LA RIVIÈRE DES MARSOUINS  
AT ÎLET COCO / CÔTE EST**

Company: **RAFTING REUNION**



Rafting is one of the most wonderful outdoor activities on Reunion Island. You can go rafting in inflatable boats which are extremely stable on the river.

With a crew of 4 to 7 people and steered using paddles as instructed by your guide, these boats can navigate small, medium and large rivers (up to class 4) quite safely.

Rafting encourages team building for both families and friends. It's the perfect introduction to white water sports!

#### Schedule:

- Meet at Rafting Reunion in Ilet Coco, near Saint-Benoît.
- Meet Rémi, the instructor and the other participants.
- Get your equipment (wetsuit, jacket, helmet) and get ready.
- Short 20 minute walk and «off you go». This route is ideal for everyone to discover rafting in a majestic landscape. With both fast and slow water, beginners and families can have fun in complete safety. You're guaranteed to have a whale of a time.
- Return to the centre to dry off.
- Then a little closing party: a chance to chat in a friendly atmosphere.



- **Rafting is done on rafts, canoe-rafts and air-boats.**

**What to bring:** swimsuit, trainers, sun cream.



@IRT/E. Virin



Rafting available every day.  
Reservations must be made 48 hours in advance.



Morning trips can be booked  
(minimum 10 participants).  
Trips may be cancelled at the last minute,  
depending on the weather (in the interests of safety).  
You must be able to swim 25 metres,  
put your head under water, not be afraid  
of water and be in good physical shape.  
Minimum age 6 years.



Duration:  
Approximately 4 hours.



**Prices from :**  
Adult: €35 / person  
Children from 6 to 12: €30 / person.  
Group rate (6 people minimum): quote on request.  
Payment method: cheque or cash.  
**Included:** helmet /wetsuit / life jacket, supervised  
descent by a qualified professional.



For more information, go to the website:  
**<https://en.reunion.fr/>**  
or by phone:  
Office de tourisme Intercommunal de l'Est :  
+262 (0)2 62 46 16 16 ou +262 (0)6 92 79 33 01



©photo: DR/ Oasis eaux-vives





 **LOCATION: SAINT-GILLES-LES-BAINS**

Company: **O SEA BLEU**   

### Schedule:

8.30am: Meet at St Gilles Port.

- A very friendly and relaxed welcome at the O SEA BLEU club in the Port of St-Gilles.
- Everyone gets neoprene suits (with flippers, masks and snorkels) and information will be provided about how the day will unfold.
- Once on board the guide will tell you all about the types of dolphins you might see and how to watch them without disturbing them. During the trip, the guide will answer questions and give you lots of information about the whales, and marine life in the Indian Ocean.
- Initial session in the water to explain what to do and familiarise yourself with this new crystal clear world.
- Once a pod of dolphins is spotted, you will be asked to get back in the water. A fascinating and unique spectacle awaits you. It's bound to be thrilling!
- After more than 3 hours at sea, you will return to the port.
- Time for a refreshing snack and a chat about this morning full of unforgettable experiences.



©photos: DR/ O Sea Bleu



The southern winter is the best time to see the whales and swim with them.

This is when the humpback whales come to frolic near the Reunion coast, to mate and calve.

The schedule is the same.



©photo: DR/ O Sea Bleu



From Monday to Friday.  
Reservations 24 hours in advance.



9 people maximum per boat.  
**USB stick not provided by the company.**  
They can be bought on site.



Duration:  
Minimum of 3 hours at sea.



**Price from :**  
€ 70 / person (from 12 to 99 years).  
Included: Snack on board or at the end of the trip,  
photos on USB sticks.



For more information, go to the website:  
**<https://en.reunion.fr/>**  
or by phone:  
O Sea Bleu: +262 (0)2 62 24 23 30





**SITUATION : SAINT-GILLES-LES-BAINS OR ANOTHER PORT  
ON THE ISLAND (DEPENDING ON WEATHER)**

Company: **DUOCÉAN ET BATO PÉI**



### Schedule:

6.30am: Meet at St-Gilles Port, or another port depending on the weather.

- A warm welcome from Manu and Josias.
- Everyone gets neoprene suits (with flippers, masks and snorkels) and there is a full briefing about how the day will unfold.
- The instructor-guide and captain will explain everything about the types of dolphins you might see and how to observe them without disturbing them. During the trip, the guide will answer questions and share his vast knowledge about the whales and the marine life in the Indian Ocean.
- Initial session in the sea without the animals, to explain what to do so they approach you and familiarise yourself with this new crystal clear world.
- Once a pod of dolphins is spotted, you will get back in the sea calmly so as not to disturb them.
- After more than 2.45 hours at sea, you will return to the port. A refreshing snack will be served when you get back to the port.



The southern winter is the best time to see the whales and swim with them. This is when the humpback whales come to frolic near the Reunion coast, to mate and calve.

**New 2019:** this outing is also offered aboard the catamaran Bell'île with a capacity of min 6 pers / max 10 pers. From Saint-Pierre, an exit of 3.00 to live an unforgettable moment. Price: from €90 / pers. For more information: [www.duocean.com](http://www.duocean.com).



©photo: DR/Duocean - Bato péi



Every day, by reservation only.  
**All reservations must be made  
by texting the company.**



This is an active trip which requires a good level of physical fitness as you may need to get in and out of the boat several times. Tablets are recommended for people who suffer from sea sickness. The trip is only recommended for people who are already know how to snorkel, who will not disturb the dolphins by panicking in the water.



Duration:  
Approximately 3 hours at sea.



**Price from :** €60 /person (from 8 to 99 years old).  
No children's rates.

Included: snack on board or at the end of the trip.  
Exclusive: Video clips and photos can be viewed on YouTube and Facebook and are put online the same day!  
10 people maximum per boat.

A discount will be given if there are no dolphins during the trip (this only happens on 5 to 10% of trips over the year) and you will be offered a trip to the coral reef instead.



For more information, go to the website:  
**<https://en.reunion.fr/>**  
or by phone:  
Duocean: Manu: +262 (0)6 92 44 30 11



©photo: DR/Duocean - Bato péi



 **LOCATION: SAINT-LEU**

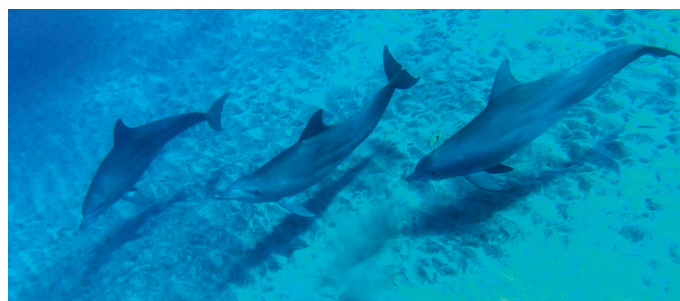
Company: **SCUBANANAS**  
(RÉUNION PLONGÉE)



### Schedule:

7am: Meet at the diving centre in St-Leu.

- A very friendly and relaxed welcome at the SCUBANANAS centre.
- Get your neoprene suits (with flippers, masks and snorkels for people who want them).
- Information about how the day will unfold.
- Once on board the guide will tell you all about the types of dolphins you might see and how to watch them without disturbing them.
- Initial session in the water to explain what to do and familiarise yourself with this new crystal clear world.
- Once a pod of dolphins is spotted, you will be asked to get back in the water.
- After more than 3 hours at sea, you will return to the port.
- Time for a refreshing snack and a chat about this morning full of unforgettable experiences.



©photos: DR/ Scubananas



The southern winter is the best time to see the whales and swim with them.

This is when the humpback whales come to frolic near the Reunion coast, to mate and calve.

The schedule is the same.



According to schedule.  
Reservation 24 hours in advance.



12 people maximum / boat.



Duration:  
At least 3 hours.



**Price from :**

€65 per person.

Option for a private boat trip (maximum 6 people):  
quote and reservation on request  
Included: film which can be viewed on Facebook.



For more information, go to the website:  
**<https://en.reunion.fr/>**  
or by phone:  
Scubananas: +262 (0)2 62 34 77 77





**LOCATION: PIERREFONDS / SAINT-PIERRE**

Company: **FLY974 TANDEM**

Take a tandem skydive to discover the thrill of freefalling and flying through the air after the parachute opens.

### Schedule:

- The evening before the flight: the FLY974 TANDEM team will send you a text message confirming the time to meet on site + what to wear + what to eat before the jump.
- The morning of the flight : Meet at the heliport of Pierrefonds, in Saint-Pierre.
- Meet Fred, the manager, the other team members and participants
- Briefing with a coffee and practice jump on the ground, with the tandem holder.
- Get your equipment.
- Set off in the helicopter (2 participants per trip) for a tandem jump (1 passenger with 1 pilot per jump).
- After 8 to 10 minutes of flying (at 3,300m): Wearing a harness and attached to the pilot, jump from the aircraft for the biggest thrill!
- Freefall for 35 to 55 seconds at approximately 200km/hr.
- At 1,500m, the parachute is opened by the tandem pilot and you fly through the air (5 to 7 minute flight with the parachute open)
- Land near the heliport.
- Return to the site.
- Share your experience of this thrilling adventure. View photos and videos.
- The trip ends.

**What to wear:** casual clothes (not too tight), trainers.



### New:

FLY974 TANDEM can now take people with reduced mobility to discover the skies with specially adapted equipment. Please advise the company when booking.



©photo: DR/ Fly Tandem



Available every day, except Wednesdays and Fridays  
Reservations must be made 48 hours in advance  
For minors (minimum age 12), on the day of the jump, you must have a medical certificate and signed authorisation from both parents (one parent must be present).



### Please note:

You must be physically fit, not have had an accident recently, not be on any medical treatment, not suffer from problems with your lower limbs and spinal cord, heart conditions, ear nose and throat conditions, fainting or epilepsy.  
You must not have been diving or consumed alcohol or drugs for 24 hours.  
Do not drink any alcohol for 24 hours before the jump.



### Duration:

Allow for a morning or full day (jumps are strictly weather dependent).



### Prices from:

- Parachuting Pass (1 person):  
From €400/person depending on the chosen formula
- Duo Parachuting Pass:  
From €350/person depending on the chosen formula

Minimum age 12 years.

Payment method:

deposit taken when booking online then cheque or cash on site, on the day.



For more information, go to the website:

<https://en.reunion.fr/>

or by phone:

Fly974 Tandem: +262 (0)6 92 02 53 76







**LOCATION: SAINT-LEU**

Company: **ADDICT PARAPENTE**



Reunion Island: the joy of discovering an outdoor activity paradise. With its lagoons and mountains, the island freely shares the beauty of its welcoming, natural environment. Enjoy the breathtaking views of its majestic landscapes.

There are very few destinations in the world with such diverse landscapes. Enthusiastic instructors fly with you on your first thrilling flight, whether you're a beginner or seeking to improve your skills.

### Schedule:

- Meet at the Addict Parapente club in St Leu in the early morning (time to be confirmed when booking).
- A warm welcome.
- A flight plan will be agreed with the instructor before take-off.
- Transfer to the take-off site.
- Get your equipment.
- Once in the air you will take control of the tandem paraglider, under the watchful eye of the pilot, who will explain the instructions.
- Fly over the sugar cane fields and the Conservatoire botanique de Mascarin and, depending on the weather conditions you might also fly over the Grande Ravine (which is very impressive).
- Still at the controls of the two-seater, you will end your flight by gliding over the lagoon of St-Leu.
- You will land very gently by the sea in a specially designated area.
- Return to the club. Time to chat and have a drink.



This flight is a wonderful way to discover the island - for the curious, for anyone who likes to be active and anyone who would like to take paragliding to the next level.

While this is an unforgettable trip, the flight is also a participatory educational experience, during which the pilot will tell you all about the atmospheric conditions and all the places you fly over.



©photo: IRT/ Serge Gelabert



Every day.  
Reservation 48 hours in advance.



### Important:

Piloting is obviously weather dependant (you will be informed before your flight if the weather is inclement and you will be offered another flight or a new date).



Duration:  
30 to 40 minute flight.



Price from : €85/person.

**Included:** Transfer from the club to the runway, the flight, a free coffee or any other non-alcoholic drink before or after the flight.

Option to purchase photos and a film of the experience, after the flight.



For more information, go to the website:

<https://en.reunion.fr/>

or by phone:

Addict parapente: +262 (0)6 92 25 63 63



©photo: IRT/ Serge Gelabert



## LOCATION: SAINT-LEU

Company: **PARAPENTE RÉUNION**



Reunion Island: the joy of discovering an outdoor activity paradise. With its lagoons and mountains, the island freely shares the beauty of its welcoming, natural environment. Enjoy the breathtaking views of its majestic landscapes.

### Schedule:

- Meet at the Parapente Reunion Club in St Leu in the early morning (time to be confirmed when booking).
- Welcome by a dynamic and friendly team.
- A flight plan will be agreed with the instructor before take-off.
- Transfer via mini-bus to the take-off area.
- Once in the air, you will take control of the tandem paraglider, under the watchful eye of the pilot, who will explain the instructions.
- Fly over the sugar cane fields and the Conservatoire Botanique National de Mascarin and, depending on the weather conditions you might also fly over the Grande Ravine (which is very impressive).
- You will end your flight by gliding over the lagoon of St-Leu. You keep your eyes peeled as it's not unusual to see turtles, rays, dolphins and even whales (in the season) in the ocean!
- You will land very gently by the sea in a specially designated area.
- Return to the club for a chance to chat.



This flight is a wonderful way to discover the island - for the curious, for anyone who likes to be active and anyone who would like to take paragliding to the next level.



©photo: DR/ Parapente Réunion



Every day.  
Reservations must be made 48 hours in advance.



### Please note:

Flying is obviously weather dependant (you will be informed before your flight if the weather is inclement and you will be offered another flight or a new date).



Duration:  
30 to 40 minute flight.



**Price from:** €€85 / person.

**Included:** Transfer from the Club to the runway, the flight, a free coffee or any other non-alcoholic drink before or after the flight.

Option to purchase photos and a film of the experience, after the flight.



For more information, go to the website:

<https://en.reunion.fr/>

or by phone:

Parapente Réunion: +262 (0)6 92 82 92 92



©photo: DR/ Parapente Réunion





**LOCATION: SAINT-LEU**

Company: **PARAPENTE DÉ Z'ILES** 

### Reunion Island:

The joy of discovering an outdoor activity paradise. With its lagoons and mountains, the island freely shares the beauty of its welcoming, natural environment. Enjoy the breathtaking views of its majestic landscapes.

### Schedule:

- Meet in St-Leu in the early morning (time to be confirmed when booking).
- A flight plan will be agreed with the instructor before take-off.
- Once in the air, you will take control of the tandem paraglider, under the watchful eye of the pilot, who will explain the instructions.
- Aerial trip with views of the mountains and the lagoons in the West.
- Still at the controls of the two-seater, you will end your flight by gliding over the lagoon of St-Leu.
- You will land very gently by the sea in a specially designated area.
- A coffee or cold drink will be served to participants after the flight so you can chat about your experiences.



©photo: IRT/ S.Gelabert



©photo: IRT/ C.Etienne



Every day.  
Reservations must be made 48 hours in advance.



### Please note:

Flying is obviously weather dependant (you will be informed before your flight if the weather is inclement and you will be offered another flight or a new date).



Duration:  
30 to 40 minute flight at least.



**Price from:** €95 /person.

**Included:** Transfer from the club to the runway, the flight, a free coffee or any other non-alcoholic drink before or after the flight.

Option to purchase photos and a film of the experience, after the flight.



For more information, go to the website:

**<https://en.reunion.fr/>**

or by phone:

Parapente Dé Z'iles: +262 (0)6 93 90 09 74



©photo: IRT/ E.Virin



©photo: IRT/ S.Gelabert





**SITUATION : SAINT-LEU**

Company: **PARAPENTE NATURE**



A top attraction on Reunion Island: paragliding! You can simply fly over the lagoon and land on the fine sand by the sea, or enjoy a more thrilling flight in a two-seater departing from the Highlands above St Leu or St Paul (Plateau du Maïdo). Enthusiastic instructors fly with you on your first thrilling flight, whether you're a beginner or seeking to improve your skills.

#### Schedule:

- Meet in St-Leu in the early morning (time to be confirmed when booking).
- A flight plan will be agreed with the instructor before take-off.
- During the flight, the instructor will explain the subtleties of piloting.
- Then you will get a taste of piloting the paraglider. You will take the controls yourself.
- Fly over the sugar cane fields and the Conservatoire botanique de Mascarin and, depending on the weather conditions you might also fly over the Grande Ravine (which is very impressive).
- To finish, the pilot will offer you a little acrobatics session.
- The flight still ends by gliding over the lagoon of St-Leu. You might see turtles, rays, dolphins and even whales (in the season) in the ocean.
- You will land very gently by the sea in a specially designated area.



This flight is a wonderful way to discover the island - for the curious, for anyone who likes to be active and anyone who would like to take paragliding to the next level.

While this is an unforgettable trip, the flight is also a participatory educational experience, during which the pilot will tell you all about the atmosphere and all the places you fly over.



©photo: DR/ Parapente Nature



@DR/Studio Lumière



Every day.  
Reservations must be made 48 hours in advance.



#### Please note:

Piloting is obviously weather dependant (you will be informed before your flight if the weather is inclement and you will be offered another flight or a new date).



Duration:  
20 to 30 minutes.



**Price from:** €80 / person.

**Included:** Transfer from St Leu to the runway, the flight, a free coffee or any other non-alcoholic drink before or after the flight.

Option to purchase photos and a film of the experience, after the flight.



For more information, go to the website:

<https://en.reunion.fr/>

or by phone:

Parapente Nature: +262 (0)6 92 85 64 13





**LOCATION: COULÉE 2004 / SAINTE-ROSE**

Company: **SPELEO CANYON REUNION**   
**JULIEN DEZ** 

You can explore the lava tunnels in complete safety on Reunion Island. Passionate, state-qualified professionals offer daily trips where you can discover unexpected natural environments. In this unique and secret setting, Julien Dez has come up with a different way of enjoying this experience. Once or twice a month he organises original trips in the late afternoon, where you can explore the site and mingle with local artists. An unusual musical experience in the bowels of Piton de la Fournaise!

### Schedule:

- 2pm: Meet in the Vierge au Parasol car park at Coulée 2002, in Le Grand-Brûlé. After this social get-together you head back to the earth's surface.
- Julien Dez will welcome you and direct you to the 2004 lava flow.

***The 2004 lava flow network is the most significant discovered on the island to date.***

- After a quick briefing about the trip and the safety rules to be followed, you will put on your equipment and make your way to the entrance of the tunnel (10 to 15 minute walk on the lava). Then you launch yourself into the bowels of the volcano!
- Often standing, sometimes bent over or crouching, you move through this wonderful world, to the centre of the earth.
- You can admire the formations created by the cooling lava flow as it slowed down after an eruption (stalactites, stalagmites, large chambers, plugs, solidified lava cascades, seats and light wells etc.).
- Highlight of the trip: in one of the more spacious caves, a trio of artists committed to the idea of «cultural melting pots» and «the spirit of nature» offer an original and unique musical experience in this exceptional place. (Show lasts approximately 45 minutes).
- After this «otherworldly» show, return to the surface (approximately 20 minutes through the tunnel to reach the exit).
- The trip ends with a drink on the surface, under the light of the moon.
- End of trip: around 6.30pm.

### Important:

**This experience is not recommended for people with heart failure and/or respiratory failure, convalescents, epileptics, people with reduced mobility and pregnant women.**



©photo: DR /Speleocanyon.fr



Trip available for individuals once to twice per month (depending on the lunar calendar)  
Reservations must be made 72 hours in advance.



Minimum 10 people, maximum 24 people.

**For groups:** on request.

**Important:** Temperatures below ground are the same all year round (+/- 22°C) and the humidity level is often saturated (close to 100%).

**What to bring:** long trousers (which you don't mind getting ruined), long-sleeved T-shirt, old trainers or hiking boots, 1 litre of water/person at least, rain clothes, spare clothes (which will be left in the vehicle).



Duration: at least 4 hours.



### Prices from:

Adult: €50/person.

Child from 7 to 12 years : €35/pers

Included: supervision by one or more BEES/DEJEPS qualified potholing guides, technical equipment (helmet with light, gloves, knee pads, 1 «potholing» kit).



For more information, go to the website:  
**<https://en.reunion.fr/>**

or by phone:

Eastern Intercommunal Tourist Office:

+262 (0)2 62 46 16 16 ou +262 (0)6 92 79 33 01



 **LOCATION: SAINT-GILLES-LES BAINS**

Company: **SHAI ENA**



To the west of Reunion Island, near St Gilles les Bains, enjoy a ride on horseback to admire a magical sunset in a unique setting.

#### Schedule:

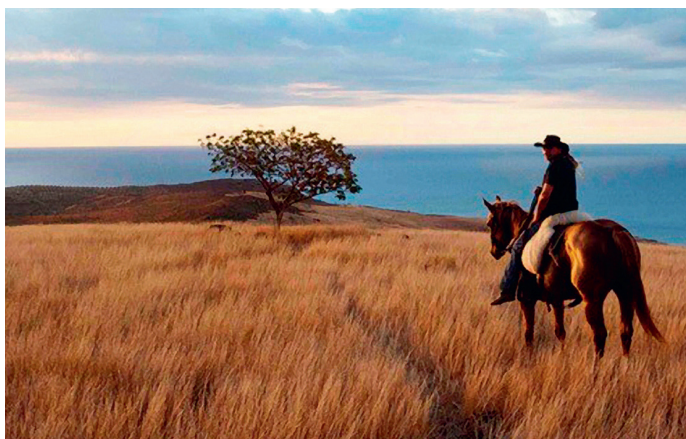
- 4pm (or 4.30pm in the southern summer): Meet at the home of Emmanuel, known as Manou, who will welcome you and accompany you on the trip.
- Prepare the horses and listen to a briefing about American riding methods, known as Western riding, or more detailed instructions for people with limited experience.
- Head off into the heart of the Cap la Houssaye savannah. Manou will show you the unique and little known sites in this protected area.
- A snack by the sea, in the middle of the savannah, watching the sun set.
- Return to the ranch in the early evening, as night falls.
- Take care of the horses and feed the animals.
- Time to relax with a glass of cold rosé, by the light of a small fire. Get away from it all and share unforgettable experiences!
- 8pm: the trip ends.



©photos: DR/Shai Ena



Our horses are Quarter Horses and Appaloosas, used to working with livestock. Docile and affectionate, they are ideal companions for any rider.



©photo: DR/Shai Ena



Every day.  
Reservations must be made by phone.



Minimum 2 people per trip.  
Maximum 4 people per trip.



Duration:  
Approximately 4 hours.



**Price from:**  
For 2 people: € 180 or  
for 3 or 4 people: € 70 per person.



For more information, go to the website:  
**<https://en.reunion.fr/>**  
or by phone:  
Shai Ena: +262 (0)6 92 88 70 00







### LOCATION: LE TAMPON

Company: **KOKAPAT RANDO** 

Hidden in a private property, discover a magnificent preserved tunnel: the Blue Tunnel. It contains unique and impressive lava sculptures dating back around 22,000 years, which are perfectly preserved. The tunnel has been closed for thousands of years and has only recently been open to the public.

Considered to be one of the three most beautiful tunnels on Reunion due to the blue and yellow reflections on the walls, but also, and above all, due to the incredible range of lava formations (giant stalactites and stalagmites) revealed along the route.

#### Schedule:

- 9am or 1.30pm: Meet at Pont d'Yves church car park in Le Tampon.
- Meet with Rudy, the potholing instructor who discovered this tunnel, or one of his equally well qualified colleagues.
- Get your equipment (approved helmet, head lamp, cut resistant gloves, knee pads (optional)) and get ready.
- Short walk to reach the tunnel entrance.
- Briefing on how to behave so as not to adversely affect the tunnel.
- And off you go for 2.5 hours exploring the depths of the volcano.
- As you go, the potholing instructor will give you lots of information about volcanoes, Piton de la Fournaise and the lava tunnels.
- Time to have chat and a drink at the end of the trip.
- Ends at: 11.30am or 4pm.



©photo: DR/ Rudy Laurent



Reservations essential.  
Programme of accessible trips on the  
[www.kokapatrando-reunion.com](http://www.kokapatrando-reunion.com)



No more than 6 people per trip.  
Professional supervision:  
1 potholing instructor per 6 people.

#### Included:

PETZL Elios or Salewa approved potholing helmet,  
1200 lumens Zebralight or Armyteck (the best!)  
professional headlamp, professional  
quality cut resistant / anti abrasion gloves,  
Warmbac knee pads (optional).

#### What to bring:

Long sleeved t-shirt, long trousers  
which you don't mind getting ruined  
(they might get torn), old trainers (hiking boots  
recommended), rain jacket,  
minimum 1L water/person, camera for enthusiasts,  
spare clothes and a fleece  
(which will be left in the car  
while you go potholing).



Duration:  
Approximately 2.5 hours.



**Price from:**  
€50/person



For more information, go to the website:  
<https://en.reunion.fr/>  
or by phone:  
Kokapat Rando: +262 (0)6 92 69 94 14



This is a protected area, with rules to be respected: the Blue Tunnel is not very frequented because the owner wants to protect this gem. Kokapat is therefore committed to respecting the strict rules for environmental protection and limits the number of trips to ensure environmentally responsible management:

- Children under 12 are not permitted.
- Women over 7 months pregnant are not permitted.
- It is not permitted to touch the lava formations (stalactites, stalagmites, etc.) under any circumstances.





**SITUATION : «TITAN» MARINA / LE PORT**

Company: **MAKES ASTRO**  
**et FESTIYACHT DE BOURBON**

Set sail and reach for the stars!

A 2 hour cruise with commentary by a specialist astronomy guide where travellers can set sail to discover the constellations, the moon, the planets and stars in an exceptional setting.

#### Schedule:

- 7pm or 8pm (depending on the season): Meet at the «TITAN» marina, by the ticket office for Le Maloya.
- Bruno, an expert astronomer, will welcome visitors.
- First part of this experience: on the dock, observing the stars with specialist instruments. A 200mm telescope, 120mm astronomical glasses and binoculars are provided.
- Second part: board the maxi catamaran (Le Maloya) to continue the journey into space.
- A welcome drink will be served to the budding astronomers.
- Set up in the lounges and head out to sea.
- The starry sky is projected in «real time» on screen. The journey into space continues. Bruno will captivate travellers with his explanations and transport them through our Galaxy.  
This presentation will help you to understand the sky at that moment in time.
- After the theory, comes the practical. Everyone makes their way to the front of the boat and finds a spot for some stargazing, with all eyes fixed on the star filled sky.
- Bruno explains some more about the sky and, using a laser, points out the constellations, nebulae and planets.
- Weather permitting, and if the moon is out that evening, you might even be able to take some photos on your smartphone!
- Time to relax under the stars.
- Return to dock around 10pm.



Visitors will enjoy discovering the wonders of the southern sky, learning about this science in a simple and fun way or simply getting away from it all by sailing under the stars in the tropics.

#### • What to wear:

Casual dress.

In the winter: bring warm clothing

#### • Information:

Snacks/bar available on board.



©photo: DR/ Festiyacht de Bourbon



Reservations must be made 72 hours in advance.

This experience take one per week.  
For groups: the boat can be booked exclusively (on request). Possibility other dates on request.

**Min: 20 people / Max: 45 people.**



The trip may be cancelled by the service provider in the event of adverse weather conditions or if there are not enough participants.



Duration:  
2 hours minimum.



#### Price from :

€45 / person (16 and over)

€35 / junior (13 to 15)

€25 / children (4 to 12)

Free for children under 3

Group rate (for 10 people or more): on request.

#### This price includes the following:

the trip out to sea, the specialist astronomy guide, welcome drink.

**Not included:** all drinks during the cruise.

Return transfers available (from the Grande Anse region and the entire west coast): with additional charge. Prices available on request.



For more information, go to the website:

<https://en.reunion.fr/>

or by phone:

Makes Astro: +262 (0)6 92 28 20 02

FestiYacht de Bourbon: +262 (0)2 62 34 10 10







**LOCATION: CIRQUE OF CILAOS**

Company: **NATURE PEI**



Luciano Maillot, a friendly and professional state-qualified instructor who was born in Cilaos, is eager to help you discover his island.

Our island, listed as a World Heritage Site by UNESCO, is considered to be a paradise for canyoning - the ultimate experience. Go off-piste and experience real canyoning as you slide down natural water slides. Enjoy abseiling, jumps and white-water swimming all with complete peace of mind.

After all those thrills, it's time to titillate your taste buds. You will be served a delicious Creole curry in a magical and unspoilt spot which Luciano and his family are fortunate to own.

What better way to get away from it all!

### Schedule:

- 7am: Meet at the Town Hall in Cilaos. Meet Luciano and the rest of the participants.
- Drive to Ilet à Cordes (everyone takes their own car or shares cars).
- Arrive on-site, get your equipment (wetsuit, oversuit, helmet and life jacket) and get ready.
- A short 30-minute walk and it's time to get your thrills! Bras Rouge is the perfect canyon, complete with abseiling, jumps and slides. Bras Rouge canyon is intimately linked with Piton des Neiges from where it takes its source at 2500m above sea level, at a place known as «Collé Bouteille».
- Around midday: the canyoning ends.
- Everyone gets back in their cars and stops on the road to Ilet à Cordes.
- A quick 5-minute walk to get to the lunch spot, in Ilet Bois Rouge. An unspoilt and magical area.
- Typical lunch in a unique location.
- The day ends when everyone wants it to.



Total immersion in the heart of the cirque of Cilaos. The whole day is all about the senses and thrilling sensations.

### What to wear/bring:

Maillot de bains, baskets allant dans l'eau, tenue de rechange, Swimsuits, trainers for the water, change of clothes, water, jacket or waterproofs (for the afternoon).



©photo: IRT/ Briec Coessen



Reservations required 24 hours in advance.

This experience takes place every Thursday morning. Other days: on request. The instructor reserves the right to cancel the trip, either the night before, or in the morning if the weather conditions are not suitable, for reasons of safety. Min: 2 people / maximum 10 people.



Participants must be fit and in good health and know how to swim. Partying the night before is strongly discouraged (this could cause the trip to be cancelled). Minimum age 10 years.



Duration: At least 7 hours.



**Prices from:**

€82 / person (10 and over).

**This price includes the following:**

supervision by a state qualified professional, high quality neoprene suit, harness and helmet, lunch with drinks included.



For more information, go to the website:

<https://en.reunion.fr/>

or by phone:

Nature Pei : +262 (0)6 92 67 94 50

or Southern tourism Office:

+262 (0)2 62 35 69 51



©photo: IRT/ Briec Coessen





**LOCATION: « TITAN » MARINA / LE PORT**

**Company: FESTIYACHT DE BOURBON**



End your weekend in a beautiful fashion by embarking on an exceptional sunset cruise.

Sunset, lounge music, tapas - enjoy a unique and exhilarating experience on board the largest catamaran in the Indian Ocean: Maloya.

#### Schedule for the trip:

- Between 4pm and 5pm (depending on the season): Meet at the «TITAN» marina, by the Maloya ticket office.
- Welcome by the Festiyacht de Bourbon team and board Maloya.
- Make yourself at home in the lounges.
- Once the safety instructions have been given and the ship has left the port, passengers can take full advantage of this magnificent boat. Relax on the 2 trampolines, at the front of the ship or take up your place at the back of the boat.
- Passengers are given a welcome drink and the «Sunset after beach» cruise starts with the sounds of a lounge music DJ set.
- One and a half hours at sea, sailing along the coast, to watch the sunset and enjoy this magical moment.
- After dusk, the party atmosphere cranks up and travellers can enjoy this last hour of the cruise dancing to the beat of music more commonly played in clubs.
- Return to dock after the two and a half hour cruise.



Breathtaking panoramic views of the cirque of Cilaos and the cirque of Mafate.

A unique, rewarding and thrilling experience with sections on high ridges, easy climbs, zip lines and abseiling.

#### • What to wear:

In the winter: bring warm clothing.

#### • Information:

Snacks/bar available on board.

Passengers are not allowed to bring food and drink on board.



©photo: IRT/ La Petite Créole



Reservations required 24 hours in advance.

This experience takes place every Sunday, except from mid-July to mid-August.

For groups: the boat can be booked exclusively (on request).

**Min: 20 people / Max: 100 people.**



The trip may be cancelled by the service provider in the event of adverse weather conditions or if there are not enough participants.



Duration:  
Two and a half hours.



#### Price from :

€35 / person (16 and over)

€30 / junior (13 to 15)

€20 / children (4 to 12)

Free for children under 3

Group rate (for 10 people or more): on request.

#### This price includes the following:

sea cruise, lounge music DJ set or live concert, welcome drink.

#### Not included:

drinks during the cruise, tapas.



For more information, go to the website:

<https://en.reunion.fr/>

or by phone:

FestiYacht de Bourbon: +262 (0)2 62 34 10 10







**LOCATION: CIRQUE OF CILAO**

Company: **ADVENTURES REUNION** 



When Reunion Island rose from the bottom of the ocean three million years ago, the volcanic island was endowed with countless cliffs, ridges, fissures, needles, and a specific geological feature known as dykes, which are perfect for climbing and mountaineering. Climbers and mountaineers love the ridges of Trois Salazes, Piton Maïdo, Piton de Sucre and Falaise de la Montagne.

Perched on the Piton des Neiges massif, the collapse of its crater and continued erosion gave rise to the three sentinels. They have become one of the most iconic natural curiosities of the island. The reputation of the «Trois Salazes» ridge has spread well beyond our beautiful island and for good reason! Quite simply the route offers the most beautiful panoramic views of the cirques Mafate and Cilaos.

This amazing spectacle goes a long way to make up for the walk to reach the start of the ridge. Although classified as tropical mountaineering terrain this not very technical but sometimes impressive route is generally accessible to most people, with the proviso that they are fit enough.

### Schedule for the trip:

- 4am: Meet at the «Col du Taïbit» car park, between Cilaos and Ile à Cordes, in the cirque of Cilaos. Meeting with Olivier, a qualified UIAGM high mountain guide and climbing instructor, and the rest of the participants.
- Technical equipment is handed out for the trip.
- 4:15am: leave the car park for the walk to the starting point.
- After 2 hours and 15 minutes of «hiking» the group reaches the ridge which separates the cirques of Mafate and Cilaos at dawn.
- This is the starting point for the climb which lasts for around 6 hours: the climbers and the guide rope up to cross the thinnest and highest point of the ridge and reach the foot of the rocky outcrop on which the Trois Salazes are perched.
- After climbing the rocky outcrop in two small pitches, the group reaches the foot of the Salazes.
- Ascent of the central Salaze.
- Using a previously installed zip line, the climbers cross to the first Salaze (approximately 15 metres of zip line between the two Salazes). From there, three abseiling sections of increasing length (8m, 25m and 37m) gets them back to the foot of the rocky outcrop.
- The climbers then cross the ridge in the opposite direction to get back to the path to the ridge.
- Allow for approximately 2 hours of walking to get back down to the car park: this walk is an opportunity for climbers to admire their route on the ridge and enjoy the magnificent views of the ridge of Piton des Neiges and Gros Morne. Buzzing with excitement and memories that will be forever etched in their minds.
- Return scheduled around 3:30/4pm.

### That little extra:

- Breathtaking panoramic views of the cirque of Cilaos and the cirque of Mafate.
- A unique, rewarding and thrilling experience with sections on high ridges, easy climbs, zip lines and abseiling.

### Please note:

- Participants must be fit (and be used to walking). They must not suffer from vertigo.
- No climbing experience is required.
- Minimum age 14 years.
- Please note that to climb Trois Salazes, only a qualified UIAGM mountain guide has the technical expertise to ensure your safety and the legal permits to do so.



@photo: Adventures Reunion



Reservations required 24 hours in advance.

**Min: 4 people / Max: 8 people.**

The trip will go ahead with a minimum of 4 participants

The instructor reserves the right to cancel the trip, either the night before, or in the morning if the weather conditions are not suitable, for reasons of safety.



### What to wear/bring:

Head torch, hiking shoes preferably or trail shoes, small backpack (20 litres minimum), Goretex or K-Way (rain) jacket, lightweight trousers and shorts, polar fleece, spare T-shirt, cap, sun cream, sunglasses, picnic for lunch and cereal bars, water (1.5 litres minimum)



### Duration:

approximately 11 hours.



### Price from :

€90/person aged 14 and over (for 1 to 4 people).  
€80/person for groups of at least 5 people.

**This prices includes:** Supervision by a qualified UIAGM high mountain guide and climbing instructor, professional indemnity insurance, all climbing equipment (helmet, harness, descender + carabiners, tethers)

**This price does not include:**  
picnic and snacks, water



For more information, go to the website:

<https://en.reunion.fr/>

or by phone:

Adventures Réunion: +262 (0)6 92 35 30 35





**LOCATION: LANGEVIN RIVER (ST-JOSEPH)  
AND TERRE-SAINTE (ST-PIERRE)**

Company: **SOUTHERN TOURISM OFFICE  
OR AQUASENS**  

AQUASENS team invites you to experience a day full of thrills: treat yourself to this discovery experience which combines waterfalls and natural water slides at the heart of the Rivière Langevin with discovering the coastline of St Pierre aboard a truly amazing craft.

### Schedule for the day:

#### Morning: Exploring the water: Rivière de Laves

- 9am: Meet down by the Rivière Langevin at the La Langevine bakery
- Welcome by Christophe or another team supervisor
- Car-share to the Grand Galet waterfall
- Arrive on site, hand out equipment (wetsuit, lifejacket, helmet), brief and preparation
- Short 5-minute approach walk and we're off for discovery and thrills galore! Your guide will take you straight to the heart of the Rivière des Laves. This natural water park alternates between discovery, swimming and walking, with beautiful hidden pools and caves under waterfalls. For the more adventurous, there's the possibility of even more thrills, with sections involving jumps and water slides.
- This water adventure ends with a relaxing, sensory moment in the heart of the waterfalls, serenaded by the sound of the water, in the middle of a translucent pool.
- Finally, before lunch, there's an apéritif at Belvédère de Grand Galet, overlooking the waterfall. This morning's white water activity is a fabulous opportunity to discover a wonderful site with family or friends with totally different competence levels.
- Lunch at Chez Malet restaurant by the river (**Lunch optional. Pay at the restaurant**)
- After your gourmet break, relax on the banks of the Rivière Langevin, then drive to St Pierre in convoy.

#### In the afternoon: The boater: Maxi-paddle

- 4pm: everyone meets up at Terre-Sainte, a small fishing village in St Pierre
- 15 min brief with the instructors before beginning this unique experience: maxi-paddle
- We're off for 45 minutes of laughter and memorable moments! With 6 people per trip (+ 1 supervisor), participants will learn about the history of the village of Terre-Sainte, Reunion's premier fishing port, through this fun, original activity. Explanations of the different traditional fishing techniques are also provided. A panoramic view of the coast lets you discover the different historical monuments that make up St Pierre's great riches. This supervised trip also make participants more aware of the coastal and lagoon ecosystem. A real moment of pleasure and togetherness awaits participants!
- Around 5pm: Day ends

**That little extra:** A full day that combines the pleasure of the senses, discovering activities accessible to all, and learning about Reunion's fauna and flora.

**Important:** Being able to swim and feeling comfortable with your head in the water.

- Minimum age 8 years.
- For minors, being accompanied by an adult or having parental consent.

### What to wear/bring:

Swimsuit, trainers for going in the water, change of clothes, water, vest, sunscreen.

### Information:

Possibility of doing 2 activities independently.  
Contact the provider directly: +262 (0)6 92 20 09 03.



©photo DR/ Aquasens



### Reservations:

Booking recommended 48 hours in advance

This experience is scheduled every Monday

The instructor reserves the right to cancel the event, either the night before, or in the morning, if the weather conditions are not suitable, for safety reasons.

The service is provided as long as there are at least 4 people

Maximum 12 people for this experience

For groups: quote on demand.



Duration:  
All day.



Price from :  
€88/person

This price includes the following: supervision by a state-certified professional for both activities, quality neoprene wetsuit, lifejacket, harness and helmet.

This price does not include: lunch at the restaurant Le Malet (allow €10 for 2 curries of your choice, drinks not included)

### Additional info:

You can book the two activities separately:

Water adventure on the Rivière Langevin: €55/person  
Maxi Paddle at Terre-Sainte

or La Saline (St Gilles les Bains): €40/person

Only by reservation with Aquasens on +262 (0)6 92 20 09 03



For more information, go to the website:  
<https://en.reunion.fr/>

or by phone:

Southern tourism Office: +262 (0)2 62 35 69 51





# A TOUCH OF THE UNEXPECTED

Forget about your daily routine and let yourself be transported to an extraordinary universe where the unique and the unexpected sit side by side. You will be mesmerised by experiences that add a Touch of the Unexpected, original adventures which are sure to amaze and surprise and make you see Reunion Island in a different light. These unique occasions are there for the taking!







**LOCATION: SAINT-LEU**

Company: **THE BLUE MARGOULLAT**

**SEAVIEW HOTEL \*\*\*\*\***



The Blue Margouillat Seaview hotel\*\*\*\*\*, a five-star boutique hotel in Saint Leu on the West coast of Reunion Island, has panoramic views over the Indian Ocean.

Enjoy your holiday in the peace and quiet of this little corner of paradise where art and luxury combine to create tranquillity.

Eat in our gourmet restaurant which will delight all your senses.

This hotel is the only affiliate to the prestigious « Relais & Châteaux » family on Reunion Island.

#### Description of the hotel:

- In the afternoon : rest time in the Open Sea rooms (room in the main house with sea views).
- Relax, take some time out, a dip in the heated pool overlooking the ocean - the afternoon is all about relaxation and wellness
- Romantic candlelit dinner by the pool, with jazz music playing in the background.  
Travellers are served the «Flavours» menu. This is like a journey in four dishes (1 starter, 2 main dishes and 1 dessert. Drinks are not included).
- Night in an Open Sea room (size - 25m2, private terrace or verandah, panoramic sea views, from Pointe au Sel to L'Ermitage lagoon).
- A traditional breakfast is served at the table and there is a buffet if you fancy fruit, yoghurt and cheese or something sweet. Breakfast is served by the pool, under the verandah, facing the sea.
- End of the experience.

#### Informations:

- Wine menu with more than 700 wines, tea and coffee menu, after-dinner liqueur menu and humidor.
- All the produce used in the meals is carefully selected. Fresh and local produce. A host of original flavours.
- One of the best restaurants on Reunion Island. The chef, Mr Chapot, is known for his original gourmet cuisine.



©photos: DR/ Blue Margouillat



Mandatory reservation.



#### Price from:

**Bedroom Grand Large en BB  
+ diner menu « Saveurs »**  
(drinks included) : from €419/2 pers.

**Créoles Suite with Spa en BB  
+ diner menu « Saveurs »**  
(drinks included) : from €650/2 pers.



For more information, go to the website:

<https://en.reunion.fr/>

or by phone:

Blue Margouillat Seaview hotel\*\*\*\*\*: +262 (0)2 62 34 64 00



#### Information:

Many services are offered to travellers and can be booked on the hotel's website, or directly on site.

For more information, please check on the website:

[www.blue-margouillat.com](http://www.blue-margouillat.com)





 **LOCATION: LES MAKES / SAINT-LOUIS**

Company: **KAZ INSOLITE**  

Mindful of the environment, Kaz Insolite makes a daily commitment to be eco-friendly in both its design and its approach (protecting the natural wealth of the Bois de couleurs forest, protecting natural resources, promoting locally sourced products).

### Description of the experience:

- Arrival in the afternoon at KAZ INSOLITE.
- Rest time in the Bubble from 3pm.
- Settle in and explore this unusual accommodation and the site.
- Dinner. We recommend the local raclette: all produce is fresh, local and seasonal. Most of it comes from the village of Les Makes.  
A creole menu card is also available.
- After the meal, «unusual astronomy» evening with Makes Astro. Historical, scientific and cultural explanations on the big screen using Stellarium software in the deft hands of Bruno PAYET from Makes Astro. Sky and star gazing with a motorised astronomical telescope. Take photos of the Milky Way and the moon with your own equipment (ReFlex or smartphone).
- Night under the stars, in the bubble. A unique moment.
- Breakfast.
- End of the experience.

### Information:

- To make the most of the site before nightfall, it is recommended to arrive before 6pm.
- Meals must be reserved the day before your arrival at the latest.
- Vegetarian, vegan and gluten free dishes, or any other special dietary requests are available by reservation only.
- Unusual Astronomy evening: This evening is organised 2 to 3 Thursdays per month (depending on the lunar calendar). The dates are on the company's website: **kazinsolite.re**



©photos: DR/ Kaz insolite



Mandatory reservation.



#### Prices:

«Couples' Suite» Bubble:  
from €324/bedroom in HB  
«Family Suite» Bubble:  
from €399/bedroom in HB



For more information, go to the website:  
**<https://en.reunion.fr/>**  
or by phone:  
Kaz Insolite : 09 70 15 57 23



**Supplement to take part  
in the «Unusual Astronomy» evening: €25 / person.**





**LOCATION: THE LAGOON AT HERMITAGE  
(BEHIND THE RESTAURANT CHEZ GO CAP MECHANT)**

Company: **FRÉDÉRIC MARTIN - DESSIN LA MER**

A fun trip on the lagoon at L'Hermitage, learn how to draw and how to protect our underwater environment.

The idea is to draw under the water on a drawing board, wearing a mask and snorkel. The result is quite surprising!

#### Schedule:

- 10am or 2pm: Meet behind the restaurant Chez Go Cap Mechant, in Hermitage.
- Welcome by Frédéric, an artist and painter, who will supervise the group for the half day.
- Take to the water in the lagoon.
- Observe the seabed and learn about each species encountered by the budding artists. A spot will be chosen which reflects the diverse fauna and flora.
- Drawing boards are provided for everyone so that you can recreate your vision of the seabed in colour.
- Return to the beach to finish off the drawings.
- At the end of the workshop you will leave with your own personal drawing board.

The workshop is open to everyone from beginners to experienced artists. It takes place over one session and lasts 2 hours with 10 minute breaks every half hour on the beach, to review all your artistic endeavours and give practical safety advice about how to protect the underwater fauna and flora.

This fun trip is organised by two qualified supervisors specialising in art and marine biology.



©photos : IRT/ La Vie en Mauve



An activity to do with family. A unique experience on Reunion Island.



Every Wednesday and Saturday from 10am to 12am and from 2pm to 4pm.  
Reservations essential.



Half day (2 hour workshop).



#### Prices:

From 5 years old and over: €20/pers.  
Maximum: 12 people per half day.



For more information, go to the website:  
**<https://en.reunion.fr/>**  
or by phone:  
Frédéric Martin: +262 (0)6 92 98 43 95





 **LOCATION: ÉPERON / SAINT-GILLES-LES-BAINS**

Company: **HÉLILAGON**   


Immerse yourself in the world of the famous Mafate postman and discover the area where many slaves sought refuge «in times gone by».

### Schedule:

- 6.30am: Meet at HÉLILAGON in l'Éperon.
- Transfer to Rivière des Galets.
- 4x4 ride from Rivière des Galets to the Cirque of Mafate, on the only route vehicles can use to access the cirque.
- After approximately 30 minutes you will be dropped off at «Deux Bras» in the river bed.
- This is where the hike starts (approximately 2.5 to 3 hours of walking to reach Cayenne). You will cross the river several times and sometimes your feet will get wet. You can stop for a swim, weather permitting and/or if it's too hot.

Throughout the hike your guide will tell you all about the history of Mafate with anecdotes and stories from days gone by. He will also talk about the fauna and flora.

- You reach Cayenne (a small hamlet with approximately 25 residents).
- Typical, traditional lunch in the gîte. You will learn all there is to know about making cari as the hosts will be delighted to share their culinary tips which make all the difference!
- Time to relax after lunch.
- Take off in the helicopter (Fly over Mafate and the bay of St-Paul).
- Drop off at the heliport in L'Eperon.



©photo: DR/ Hélilagon



### Please note:

The following flights are available for the return:

- «Magical» flight: Mafate, Salazie, Trou de Fer and Lagoon (25 minute flight): €315 / person.
- «Ultimate» flight: Mafate, Salazie, Cilaos, Volcano, Trou de Fer and Lagoon (45 minute flight): €375 / person.
- «Must do» flight: «Ultimate» flight + the most beautiful waterfalls and rivers on the island (55 minute flight): €425 / person.



Reservations must be made at least 48 hours in advance.



Duration: at least 7 hours (depending on the return flight).



### Price for this trip: €195 including tax/person.

Included: Return transfers from the hotel to the heliport, 4x4 ride, hike with a qualified guide, Creole meal in the gîte (drinks included), «Mafate» flight: (15 minute flight).  
Minimum 6 people or helicopter can be hired privately.



For more information, go to the website:

<https://en.reunion.fr/>

or by phone:

Hélilagon: +262 (0)2 62 55 55 55



@photo: DR/Hélilagon





**LOCATION: SAINT PIERRE (PIERREFONDS)**

Company: **CORAIL HÉLIPTÈRES**



Hiker's Eden is aptly named, nestled in Bras de la Plaine and hidden away in a lush green corner of paradise. You will depart from the airport in Pierrefonds to discover this true haven of peace where calm and serenity reign.

### Schedule:

- 8am: Meet at the airport in Pierrefonds at the Corail Hélicoptères desk.
- 8.30am: transfer by car from the airport in Pierrefonds to the village of Pont-d'Yves.
- Start of the hike: from Pont d'Yves to Bras de la Plaine (approximately 1.5 hours of walking). The trail, which is a bit challenging for the first hundred or so metres, soon becomes much less technical, with breathtaking views of the neighbouring mountains.
- After of 45 minutes of walking: a refreshing break.
- The hike continues (for approximately 30 minutes).
- Then you reach a green oasis, to discover a wonderful Creole garden where the hosts put on a marvellous spread and you can soak up the unique atmosphere of this magical place.
- Typical meal in the Hiker's Eden gite.
- Free time: swim in the river bed if you want.
- Around 3.30pm: helicopter flight for the ultimate panoramic views of this verdant mini cirque.
- Return to the helipad in Saint-Pierre, around 4pm.



©photo: DR/ Corail Hélicoptères



Every wednesday.  
Reservations must be made  
at least 72 hours in advance.



### Please note:

While you do not have to be an experienced walker, you must be in good physical shape to go on this hike. The trip is only available if there are at least 6 people.  
The pilot will check the weather before take-off. A full commentary is provided by the pilots for all flights.



Duration:  
Approximately 7.5 hours.



### Prices:

Adult or children: € 190 / person.  
Included: transfer from Pierrefonds to Pont-d'Yves, hike with a qualified medium altitude mountain guide, meal with drinks at the Hiker's Eden gite, return flight by helicopter from the gite to Pierrefonds.  
The trip is only available if there are at least 6 people.  
Private trip option.  
Quote on request from the service provider.



For more information, go to the website:  
<https://en.reunion.fr/>  
or by phone:  
Corail Hélicoptères: +262 (0)2 62 22 22 66



©photo: DR/ Corail Hélicoptères







**LOCATION: SAINT-PAUL**

Company: **L'ÉTANG DE ST-PAUL  
NATURE RESERVE**

The RNNESP, the agency which manages the Etang de Saint-Paul National Nature Reserve, offers guided tours on foot, in kayaks or on bikes to discover the fauna, flora, landscapes and important sites in the largest wetland area in the Mascareignes, which became a Ramsar site of International Importance in 2019.

### Schedule:

- 9am or 1pm: Meet at Tour des Roches with an eco-guard who will be your guide for the day You will be told where to meet when you make the booking.
- Briefing and collect the kayaks.
- For 2 hours you will discover all the natural and historical heritage of this protected area.
- Along the river among the papyrus, dragonflies, Reunion harriers and other indigenous and endemic species, you will experience the island's prolific biodiversity.

Nearly 30% of the animal species found in the Etang de Saint-Paul Nature Reserve are important in terms of natural heritage. The main challenges face the birds, fish and macro-crustaceans, as well as the insects:

- 25 species of bird, including 12 species nesting on site
- 3 species of reptile introduced are found
- 2 species of amphibians found in the reserve
- 19 species of fish and 7 species of indigenous crustaceans.



©photo: DR/ Réserve Naturelle de l'Étang Saint-Paul



Reservatin required 48h in advance for guided tour.



### What to bring:

Shorts, flip flop, hat, sunglasses, sun cream, towel, bottle of water and mosquito repellent.



Approximately 2 hours for the guided tour



### Price from :

€8 / adult.  
€5 / children (from 8 to 18 years),  
students, job seekers, seniors over 65  
and disabled people.  
€20 / family (2 adults + 2 children).



For more information, go to the website:  
<https://en.reunion.fr/>

or by phone:  
The Etang de Saint-Paul National Nature Reserve:  
+262 (0)2 62 70 28 88



©photo: DR/ Réserve Naturelle de l'Étang Saint-Paul



 **LOCATION: ÉTANG-SALÉ FOREST**

Company: **MOBILBOARD RÉUNION** 

Discover Etang Salé forest in an original and fun way.

### Schedule:

- 8.30am or 2pm: Meet in the last car park, after Croc Parc, in the Etang Salé forest where the instructor-guide will be waiting for you.
- 15 minute introduction before using the segway so that everyone feels at ease.
- Set off on a 3 hour adventure among the latanier palms, tamarinds and eucalyptus.
- There are plenty of stops when the instructor-guide will tell you all about the local fauna and flora, and the history of Reunion Island.
- Cross the black sand dunes, the savannah, the wild beaches, etc.
- At the end of the trip, a cocktail combining Creole flavours with the colours of the shoreline at sunset awaits you in a unique setting (Etang Salé beach).

### Optional service.

- Return to the starting point by segway.



**Included:** Helmet and hygiene cap provided (compulsory), radio-guide and waterproofs, guided and supervised trip.

**Optional :** snack at the end (fruit juice, mineral water, coffee, selection of samosas, «bonbons piments» and other Creole specialities): €6/person.



@photo: Mobilboard Reunion



Every Saturday.  
Reservations must be made 48 hours in advance.



Trips guaranteed with a minimum of 4 people.  
9 people maximum per trip.

### Important :

Children 14 years and older  
must be accompanied by an adult.  
Minimum weight: 45kg / maximum weight: 118kg.  
Not recommended for pregnant women  
and people with inner ear disorders.



Duration:  
Approximately 3 hours.



**Price from:**  
€89 / person



For more information, go to the website:  
<https://en.reunion.fr/>  
or by phone:  
Mobilboard Reunion: +202 (0)2 62 33 98 52



@photo: DR/ Mobilboard







**LOCATION: L'ÉPERON / SAINT-GILLES-LES-BAINS**

Company: **RIC A RIC** 



Discover an unusual lava tunnel.

There's a mixture of shapes and colours in this tunnel formed by an old lava flow from Piton des Neiges.

This route immerses you in the history of Reunion Island's first volcano and reveals unusual calcite and magnesite formations.

A trip that subtly blends local underground exploration with a more extreme «caving» side.

### Schedule:

- 8am: Meet at the car park Bassin Bleu to the village of Eperon.
- After getting your equipment (helmet, headlamp and harness), a five minute walk takes you to the edge of Bassin Bleu in Ravine Saint-Gilles.
- A «via cordata» secured by your instructor enables you to access the entry point for the tunnel, 6 metres above you.
- Once in the lava tunnel you will walk for 100 metres until you reach the «low ceiling» section of the network. Fifteen metres on all fours and you get your reward!
- The next part takes place in big caves where you can admire stalactites and lava benches and more surprisingly immaculate white calcite stalactites and magnesite formations.
- This tunnel ends with a lava plug and after a quick well deserved break you return to the starting point.
- The finale A 30 metre zipline deposits you on the banks of the Bassin Bleu!
- Ends at: around 12.30pm.



©photo: DR / La Petite Creole



Reservations essential 48 hours in advance.  
This experience takes place on Tuesdays,  
on reservation.  
Guaranteed departure minimum 4 people.



This activity is only suitable for people in good physical condition.  
It is not recommended for people suffering from claustrophobia or back problems.  
**Minimum age 10 years.**



Duration:  
approximately 4 hours.



**Price from :**  
€50 / adult.

€35 / children under 12 years.  
Min: 4 people / max: 6 people

This price includes the following: supervision by a qualified instructor, equipment (harness, helmet, light, knee pads, gloves).



For more information, go to the website:  
**<https://en.reunion.fr/>**

or by phone:

Ric à Ric: +262 (0)6 92 86 54 85



### What to bring:

A pair of closed trainer type shoes, trousers, a T-shirt, a small backpack for 3 to 4 people, 1 litre of water per person, a change of clothes.





**LOCATION: LA SALINE  
(AT PLANCH'ALIZÉE LEVEL)**

Company: **MASSAGE À LA PLAGE**

Have a total sensory experience, with a massage on the water, lying on a special paddle board. 40 minute massage on the water followed by guided relaxation on the edge of the lagoon.

#### Schedule:

- 10am: Meet on the beach where Didier, the masseur, will welcome you.
- Quick briefing about the morning: while one person has a massage, the other can relax on the sandy beach or swim in the turquoise water of the lagoon.
- Short walk in the lagoon with the first person, enough time for Didier to tell the traveller all about the marine environment and its preservation.
- When you reach the paddle board (approximately 20m from the shoreline), it's time to let go: Didier begins his energetic massage: a combination of Shiatsu, Amma and reflexology on the feet. The movements are slow and supported, to release any tension and immediately create a feeling of relaxation and well-being.
- Lying on a special paddle board (with an ergonomic cushion which moulds to the shape of the body), lulled by the gentle movement of the water and the board, visitors will be able to relax completely.
- After a 40 minute massage, return to the shoreline.
- While Didier heads back into the water with the second person, the one who has just had a massage can enjoy the beach or relax.
- After a 40 minute massage with the second person, return to the shoreline.
- 20 minute guided relaxation session, sitting on the sand, in the shade of an umbrella.
- The morning ends with a small snack.



©photos: DR/Massage à la plage



Reservations must be made 48 hours in advance.  
Available twice per week, on Tuesdays and Fridays by reservation only.  
2 people minimum.



The trip may be cancelled by the service provider in the event of adverse weather conditions.



Duration:  
For 2 people: approximately 2 hours.



#### Prices from:

Fixed price for 2 people: € 169.  
This price includes the following:  
45 minute relaxation session (acupressure and Qigong), 2 non-alcoholic cocktails, 2 beach mats and umbrella.



For more information, go to the website:  
**<https://en.reunion.fr/>**

or by phone:  
Massage à la plage Didier: +262 (0)6 92 49 15 54



A unique sensory experience on Reunion Island. Awaken the senses and enjoy a feeling of relaxation and well-being.

#### What to wear/bring:

Swimsuit or lightweight clothing, sun cream, towel.

#### Informations :

A sensory experience unique to the meeting. An invitation to the awakening of the senses, relaxation and well-being. Didier also offers classic formulas (massage only) from 30 min to 60 min.







### SITUATION : REUNION ISLAND

Company: **BLACKSHEEP VAN REUNION**



Travelling in a camper van is wonder-inducing and fascinating in equal measures. This new way of discovering a destination in complete freedom while getting back to nature is attracting more and more fans. Even the biggest homebirds and the less adventurous are trying the experience! So, go for it and take off on a journey across Reunion without any hassle and at your own pace.

With its commitment to preserving the environment, BlackSheep Van Reunion has signed an agreement with the Reunion Island National Park and the Reunion Island Natural Marine Reserve to respect a Code of Good Conduct for both these entities. When travellers collect vehicles they are made aware of this initiative and the Codes of Good Conduct are given to them.

#### Schedule:

- From 9am onwards: Meet at the BlackSheep Van Reunion agency in Saline les Hauts. Welcome by Vincent and/or Franck.
- Briefing about the camper van: how it works, all the equipment etc.
- Before setting off on their adventure, Vincent and/or Franck will advise travellers about places they simply have to visit, unspoilt places where they can stop, tours not to be missed and typical restaurants with a warm welcome where they can taste real Creole dishes. They will reveal the secrets of living independently in the van (filling up with water, how to park for the night etc.) while respecting the sites and the environment (the shower gel and washing liquide provided are organic, dry toilet available).
- Once you've picked up the van off you go for 3 days of freedom. The adventure begins. Visitors travel with no time constraints, their road trip evolves however they want, wherever their heart takes them.
- After 3 days of «roaming freely» on the roads of Reunion Island, 3 days during which time goes on forever and the word «switch off» takes on its full meaning, the BlackSheep experience comes to an end.



Freedom: the feeling of being self-sufficient and independent.

The van is suitable for all kinds of travel and all kinds of travellers and means you can go and meet the locals to enjoy the warm welcome they reserve for visitors.

Travelling in a van, from the moment you wake up until the moment you go to bed (ah - the star filled sky of the Southern Hemisphere!...), is an opportunity to enjoy unique sights, just for you!



©photo: IRT / La Petite Créole



Reservations recommended 48 hours in advance.



Minimum age 21.  
You must have had a driving license for at least 2 years.  
Airport/ Rental Agency or Rental agency/ Airport transfers available: on request and for a surcharge.



Duration:  
Minimum: 3 days/2 nights



#### Prices starting from (based on 3 days and 2 nights):

Campervan Mini: (2 seats - 1 double bed in the sleeping area): €267

Campervan Classic: (6 seats - 2 adults and one child in the sleeping area) \*: €375

California Comfort: (4 seats - 4 beds): €435

\*Option to add a roof top tent (surcharge) for 2 adults or 2 adults + 2 extra children on the Campervan Classic:  
price: €5/day for 2 additional beds, €10/day for 4 additional beds.

**These prices include the following:** 13 days + 2 nights rental for the camper van, unlimited mileage, insurance, kitchen facilities with utensils, a water tank + hand shower, a fridge or 1 cooler, 1 gas stove, 1 table and chairs, duvets, sleeping bag sheets, pillows, organic shower gel and washing up liquide, dry toilette, a full tank of petrol when the vehicle is collected.

**These prices do not include the following:** food, extras, petrol (during the trip + van to be returned full), toilettries (organic shower gel provided), towels.



For more information, go to the website:  
<https://en.reunion.fr/>

or by phone:

BlackSheep Reunion : +262 (0)6 92 80 88 29





### LOCATION: LE MAÏDO

Service provider : **RANBAP TREKKING / MÉDITATION RÉUNION**



It is known that the benefits of hiking on the health are numerous and play at the same time on the blood circulation, the muscles, the joints...

It may also seem obvious that it helps to purify the mind, relieve stress and anxiety, but many still do not know that going out in the wild can really change the brain.

Aside from the almost instantaneous feeling of calm and serenity that accompanies outdoor activity, hiking in nature can help you «let go», especially if it is associated with the practice of meditation, Mindfulness.

So, walk, completely absorb by the landscapes, by the smells, by the songs of the birds, is already meditate.

The meditation-hike, combining the benefits of walking in nature, to the practice of meditation is a doubly powerful tool and beneficial to our mental, spiritual and physical health.

#### Road-book:

- 8am: appointment on the Tamarins forest road (around Maïdo) with Claire. The exact place of appointment will be specified when booking.
- 8:30am: Little warm-up yoga to become aware of your body and then start for an easy hike.
- Tout le long de cette randonnée, alternance de marche et d'exercice de méditation.
- All along this hiking, alternate walking and meditation exercise.
- Lunch break at noon.

#### During this meditation-hiking, the travellers will learn:

- Pay attention to the simple act of walking, settle comfortably into their physical sensations and then open that presence to the environment through their senses.
- How to place the body on the climb, on the boards and downhill to save energy, optimize travel, avoid falls.
- To relate to their emotions according to the landscapes crossed, the physical difficulties encountered and the energy of the group.
- Develop their breathing potential and help them to be fully present thanks to the techniques of the Afghan Walk.
- To release tensions and to open oneself to other horizons by the Walk of Vision resulting from the shamanic traditions.
- Take care of your body, warm up and stretch through the pre and post-hiking yogas and the relaxation of the Five Elements.
- Hiking end around 15h00.



- Claire, the guide, account 18 years of meditation practice (in wich 4 years in strict retirement) and 25 years of hiking practice.
- An easy hiking, accessible to everyone (600m+ ; 600m-).
- A rare landscape : Tamarin forest.
- Panoramics views on the ocean, all along the hiking.
- A historic and mysterious atmosphere with Marron refugees caves and King Phaonce history.
- The possibility, if the weather allows it and the rhythm of the group too, to go until Petit Bénare (+200m and 6kms round trip) and admire the beautiful view on Cilaos Circus, Piton des Neiges...



©photo: IRT / Brieuc Coessens Studio

#### Equipment:

1 backpack (min 20L), hiking shoes, 1 short or pant, 2L of water, pic-nic, energetic snacks (dried fruits, cereal bars, ...), sun glasses, hat or cap, suncream, 1 long sleeve thermal fleece (or pull), rain covers.



Obligatory booking 48h00 in advance.  
It experience is programmed every tuesdays.  
Minimum: 4 persons / Maximum: 12 persons



The hiking may be canceled by the service provider if the weather conditions are unfavorable or if the minimum number of participants is not required.



Duration of the service: +/- 7h.



#### Prices:

From 13 years and + : €30/person

This price includes:  
hiking-meditation accompanied by an experienced and state-certified guide.  
Not included: pic-nic, water, snacks.



For more information, go to the website:  
<https://en.reunion.fr/>

or by phone:  
Ranbap Trekking – Claire: +262 (0)6 93 00 36 30







**LOCATION: SAINTE-MARIE**

Company: **RUN SPIRIT**



Located on the slopes of Sainte-Marie, in the heart of a protected rural area, the Run Spirit aquaculture farm enjoys ideal conditions of sunshine and heat for producing these natural micro-algae which are recognised globally for their exceptional nutritional qualities.

Come and discover the secrets of producing and harvesting pei Spirulina, **a spirulina that's 100% produced** at the aqua-farm in Sainte-Marie.

### Visit schedule:

2 tours organised in the morning

- 9am: Welcome by Catherine and start of the tour of the RUN SPIRIT aquaculture farm.

Different topics covered throughout the morning:

- 1) Geographical and environmental location of the farm.
- 2) Spirulina grower network in Reunion Island.
- 3) Tour of the production pools - Sampling of micro-algae.
- 4) Filtering: by closed circuit.
- 5) The laboratory.
- 6) Drying: artisan method.
- 7) A tasting full of surprises and time for discussion under the veranda, near the shop.

- Tour ends around 10.15 or 11.45am.



### That little extra:

- A local, ecological production site.
- Spirulina of exceptional quality.

### What to wear/bring:

Casual wear, closed shoes (no flip-flops, damaged shoes etc), hat, sunglasses, windproof jacket and a bottle of water.



©photo: DR / Run Spirit



Obligatory reservations 48h00 in advance  
(according to schedule)

**Min: 5 people / Max: 10 people**



The trip may be cancelled by the service provider  
in the event of adverse weather conditions  
or if there are not enough participants.



Duration:

+/- 1 hour 30 minutes per tour.



**Price from :**

13 years and over: €12 / person.

Free for children under 12.

This price includes: the guided tour,  
the tasting (including 1 glass of natural spirulina  
or with a touch of local flavours,  
spirulina flake toast with a hint of butter,  
spirulina flake toast with a little fresh cheese),  
a small guide sheet that's given  
to participants during the tasting.



For more information, go to the website:

**<https://en.reunion.fr/>**

or by phone:

Catherine: +262 (0)6 92 10 55 35



©photo: DR / Run Spirit



## LOCATION: GRANDE ANSE, PETITE-ÎLE

Company: **PALM HOTEL & SPA \*\*\*\*\***



As well as being a 5-star hotel, PALM Hotel & Spa is a story of encounters and shared moments. A place run by a team of enthusiasts, all committed to preserving the environment (1st hotel in the Indian Ocean to be awarded the European Ecolabel in 2014).

Standing like a balcony over the ocean, PALM Hotel & Spa reinvents the luxury hotel experience surrounded by nature. In a green and intimate setting, the hotel offers 65 rooms, suites and lodges, 2 swimming pools, one of them heated, overlooking the bay of Grande Anse, 1 relaxation area with hammam and whirlpool, with free access (Le Kah Beach), 1 wellness area (Akea Spa & Beauty), 2 restaurants and 1 bar, a games room for children, a fitness room, heliport, shop, concierge service, meeting rooms and more.



©photo: IRT/ La Petite Créole

### Description of the experience:

- Welcome to the hotel.
- There's a welcome cocktail with presentation of the hotel's facilities and services. You're shown to your room by one of the hotel's hosts.
- Settle into your room.
- Free time: the traveller can take the opportunity to stroll through the beautiful, lush tropical 3.5-hectare garden, enjoy one of the 2 pools overlooking the bay of Grande Anse or just relax.
- The late afternoon is dedicated to well-being: in the soothing surroundings of the Akéa Spa & Beauty area, a moment of relaxation and letting go with a hammam session and whirlpool experience, followed by a 50-min whole-body massage (Akéa treatment). This moment of relaxation continues with the Kah Beach space: the beach is equipped with hammam, jacuzzi overlooking the bay of Grande Anse, sunbeds and canopy beds available.
- Dinner at the restaurant Le Makassar, an upscale restaurant featuring fresh produce from Reunion's coast and land. Night in a Superior room.
- After a buffet breakfast, a moment of total disconnection awaits the visitor: Nathalie, the spa manager, welcomes the traveller with an introduction to Aqua Sens by Akéa: a unique treatment in Reunion. A true experience of letting go and free expression for the body. Nathalie was trained by an osteopath and was responsible for creating Aqua Sens. Aqua Sens is a combination of shiatsu (massage therapy of Japanese origin) and its water version, watsu (water relaxation in warm water).
- Check out.
- End of the experience.



#### Reservations:

Prior reservation required for the room.  
Booking strongly recommended 48hr in advance for Spa and Aqua Sens treatment.  
Reservation highly recommended at the restaurant.



A range of services are available to travellers and can be booked on the provider's website, when booking or on site.  
For more information: <https://palm.re/>



#### Price from :

Superior room on a B&B basis for 2 adults, from €290/night  
Dinner at Makassar (drinks not included): €56/adult per night.  
50-min Akéa treatment: €95/pers (10% off for resident customers).  
50-min Aqua Sens treatment: €95/pers (10% off for resident customers).



For more information, go to the website:  
<https://en.reunion.fr/>

or by phone:  
Palm Hôtel & Spa\*\*\*\*\* :  
+262 (0)2 62 46 16 16 ou +262 (0)2 62 56 30 30  
ou [hotel@palm.re](mailto:hotel@palm.re)







## LOCATION: HERMITAGE BEACH SAINT-GILLES-LES-BAINS

Company: OTI Ouest/ ANGÉLIQUE CARTER YOGA /  
Thibaut and Lucas of FR8Té ( Food-Truck)

This morning is dedicated to the well-being of body and mind:

- Facing the transparent waters of the Hermitage lagoon, Angélique offers Vinyasa Yoga sessions in a paradisiacal setting, in the shade of the Australian pines. Visitors are treated to 1 hour and 15 min of reconnecting with themselves and absolute relaxation.
- After this moment of letting go, Lucas and Thibault await visitors in their supercharged, colourful and flowery Food Truck. A detoxing snack made of fresh, local produce will be offered to participants. A gourmet, balanced moment that will awaken your taste buds.

### Schedule for the outing:

- 9am: Meeting on Hermitage Beach where Angélique will welcome visitors.
- The lesson begins with a moment of meditation and breathing. This allows the group to relax completely and connect to their own bodies.
- The session then becomes more dynamic: the physical movements flow one after another. These series of positions help develop endurance, mental and physical strength.

There are a myriad of benefits: increase your flexibility and tone, strengthen your deep muscles, learn to breathe better, deepen your self-awareness, increase your ability to concentrate tenfold, improve your stress management, lower your blood pressure, etc.

- After a little over an hour, the pace of the session calms down, and the lesson ends with a moment of rest and relaxation.
- After this session allowing you to 100% unplug and relax, a detoxing snack will be offered to participants by the FR8Té food truck which will come to meet the group. Thibault and Lucas will offer a delicious "Detox" drink made from 100% local produce. To be enjoyed in front of the lagoon, quietly relaxed on the beach...
- End of the outing.
- Participants can enjoy the beach and why not indulge in one of the gourmet, balanced meals prepared by Lucas and Thibault? 100% local, fresh and seasonal produce. Real gustatory discoveries.

### That little extra:

- Recharge your batteries in the midst of nature, in an idyllic setting.
- A morning to take care of your body and mind: Serenity and zenitude guaranteed.

### Please note:

- The minimum age for this activity 10 years old.
- The lessons are suitable for all levels. Modifications in varying degrees of intensity will be proposed to allow everyone to adapt the session to their abilities.

### What to wear/bring:

A sports outfit, a large towel or sarong, water, swimming costume and sun cream.



©photo: Angélique Carter Yoga



©photo: FR8TE



### Reservations:

Reservations recommended 48 hours in advance  
This experience is scheduled every Wednesday and Saturday morning.

The service provider reserves the right to cancel the activity, either the day before or in the morning, if weather conditions are not suitable.



### Duration:

approximately 2 hours



### Price from :

€29/person (10 years old and over)

This price includes the following: the yoga session supervised by a qualified professional, the "detox" snack (example of the snack: 1 detox drink/person + fresh fruit + 1 homemade energy bar. The snack varies according to the seasonal produce)

Min: 1 person/maximum 10 people

For groups: quote on request



For more information, go to the website:

<https://en.reunion.fr/>

or by phone:

West Region Intercommunal

Tourist Office: +262 (0)2 62 42 31 31



# WHERE TIME STANDS STILL

From sunrise to sunset, the island showcases its beauty and breathtaking landscapes. Time stands still here so you can enjoy the stunning views unlike anywhere else in the world. Savour the present moment, take your time and let yourself be swept away by the sounds, the smells and the ocean spray which will transport and amaze you.





# WHERE TIME STANDS STILL

In this section, you will find a selection of experiences that **«invite contemplation and recharge your batteries»**.

These experiences encourage travellers to stop for a while, allow themselves to be overcome by the beauty of the landscape, to admire the best of what nature has to offer.

They arouse emotions and sensitivity in everyone.

They fill you with peace and awe.

Do not hesitate to find the information on the website **<https://en.reunion.fr/>**, section **«Expériences»**.

- Sunrise at Mado
- Sunset on the beach
- Plaine des Sables
- Belouve, a primary forest on the Hauts
- The Piton des Neiges hike
- Contemplate the milky way





REUNION ISLAND  
TOURISM BOARD

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For more information,  
contact the Product  
development department:  
[produit@reunion.fr](mailto:produit@reunion.fr)

