



YOU
ARE
HERE



Welcome to Hilton Seychelles Northolme Resort and Spa. This map will guide you through our lush landscapes, unveiling the beauty of Seychellois biodiversity. Embark on a journey of vibrant blooms, majestic palms, and hidden wonders. Let nature's artistry enchant you as you explore our botanical haven. Your adventure starts here.

DISCOVER NATURE'S ART

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TRAIL GUIDE

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OPTIONAL

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KNOW YOUR WAY AROUND

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B. King Oceanview Villas	H. Self Parking	M. Beach Kiosk	R. Mahé Restaurant
C. Grand Oceanview Villa with Infinity Pool	I. Eforea Spa	N. Gazebo	S. Coral Reef Restoration
D. King Premium Oceanfront Villa	J. Gym	P. The Lower Deck	
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#1 Cannonball Tree *Couroupita guianensis*

The Cannonball Tree, a rarity in Seychelles, can only be found at Hilton Northholme or the Botanical Garden. Native to Central and South American rainforests, this tree, reaching up to 35 meters, features intricate yellow, reddish, and pink flowers directly on its trunk.

Named for its large, fragrant fruits resembling rusty cannonballs, they take a year to ripen and can grow up to 25 cm. Though edible, their strong fragrance often deters consumption.

Apart from its aesthetic appeal, the tree is utilized in traditional medicine to address various ailments, from hypertension to skin conditions.



#2 Traveller's Palm

Ravenala madagascariensis

Bannann vwayazer 

The Traveler's Palm, though not a true palm, is an iconic plant in Seychelles. Originally from Madagascar, this palm resembles a large fan and its leaves align in an east-west direction, serving as a natural compass.

Contrary to its name, it's not a source of water for travelers. Instead, rainwater collects in its leaf bases, which is generally not considered safe for consumption. The fibrous stems of the plant were traditionally used for making items like baskets.

Symbolizing tropical landscapes, the Traveler's Palm is valued for its unique appearance and practical uses in Seychellois culture.



#3

Lantana

Lantana camara

Vyey fiy 

This flowering shrub, originally from Central and South America, decorates Seychelles with its clusters of colorful blooms, ranging from yellow to pink and orange.

While admired for its vibrant appearance, Lantana camara is considered an invasive species, posing a threat to local biodiversity. The plant's leaves emit a pungent odor when crushed, deterring herbivores.

Despite its invasive nature, the shrub is resilient and continues to add splashes of color to Seychellois landscapes, creating a complex ecological balance.



#4

Jungle Flame

Ixora coccinea

Ixora grand fleur rouge 

Also known as Jungle Flame, this plant graces Seychelles with its vibrant clusters of red, orange, yellow, or pink flowers. Native to Southeast Asia, it thrives in Seychelles' tropical climate.

Beyond their beauty, the flowers are traditionally used in Hindu worship ceremonies and have symbolic significance. The vibrant red flowers are commonly offered to deities as a representation of purity, devotion, and the fiery energy of life.

Jungle Flame is also associated with herbal medicine and is believed to have various healing properties.

This versatile plant not only adds color to Seychelles' landscapes but also reflects cultural connections and traditions through its multifaceted uses.



#5

Crêpe Ginger

Cheilocostus speciosus

Krep zenzanm 

Native to Southeast Asia, The Crêpe Ginger plant has found a home in Seychellois gardens. It is a captivating addition to Seychelles, boasting spiral-like pink or white flowers and vibrant green foliage. The flower is attractive to pollinators, especially bees and butterflies, making it an important plant for maintaining biodiversity in gardens and natural setting.

Also known as "Malay Ginger," the Crepe Ginger's large, showy flowers are not only ornamental but are also used in traditional medicine for their potential anti-inflammatory properties.

This resilient plant thrives in tropical climates and is celebrated for its contribution to Seychelles' floral diversity, embodying both aesthetic appeal and cultural significance.



#6

Santol

Sandoricum koetjape

Santol 

The Santol tree is a tropical evergreen known for its unique, round fruits. Native to Southeast Asia, the tree bears brown, woolly-skinned fruits with a sweet and tangy flavor.

Santol is often referred to as the "cotton fruit" due to its fluffy, cotton-like pulp. Beyond its culinary uses, various parts of the Santol tree are utilized in traditional medicine to address ailments such as digestive issues, fever, and skin conditions.



#7

Oil Palm

Elaeis guineensis

Palmier à huile 

The Oil Palm tree is a versatile and economically important plant. Native to West Africa, it thrives in tropical climates and is a primary source of palm oil. A single tree can produce oil-rich fruit bunches for over 25 years.

While vital for various industries, the tree's cultivation has raised environmental concerns due to deforestation.

Interestingly, the tree's fronds are used in some cultures for thatching and weaving, showcasing its versatility beyond oil production.



#8

Red Hibiscus

Hibiscus rosa-sinensis

Ibiskis 

The Red Hibiscus is a cherished symbol of Seychelles, adorning the islands with its vibrant crimson blossoms.

Beyond its aesthetic appeal, the flower holds cultural significance, often associated with love and passion in Seychellois folklore. The petals are often used to make herbal teas that are believed to help lower blood pressure, improve digestion, and relieve cold symptoms

Known for thriving in the tropical climate, the Red Hibiscus graces the Seychellois landscape, contributing to the archipelago's lush and colorful ambiance. Its resilience, coupled with its striking beauty, makes it a beloved botanical emblem in Seychelles.



#9

Cinnamon Tree

Cinnamomum verum

Kannel 

Cinnamon holds cultural and historical significance in Seychelles, with its sweet and spicy aroma enhancing the island's cuisine.

Derived from the bark of the trees, this spice is a key ingredient in Seychellois dishes. The islands' unique climate and soil conditions contribute to the quality of Seychellois cinnamon.

Cinnamon is also valued for its antioxidant properties and anti-inflammatory effects. In Seychellois folklore it is often associated with warmth, comfort, and traditional remedies, making it a cherished element of the local culture.

Islander's Tip: Pick and crush a leaf for an instant cinnamon-scented delight!



#10

Jambu Tree

Syzygium samarangense

Jamalac

The Jambu tree, commonly known as Rose Apple or Wax Jambu, is a tropical evergreen prized for its crisp, watery fruit.

Native to Southeast Asia, the tree is renowned for its shade-providing qualities and delicate, aromatic blossoms.

The fruit, with its rose-like appearance, comes in various colors, including pink, green, and red. Rich in vitamins and low in calories, Jambu is a popular choice for fresh consumption and adds a refreshing touch to salads.

In Seychelles, a delicious sweet jam is made from the fruit. Try it for yourself at Mahe Restaurant during our breakfast.

(subject to availability)



#11

Bottle Palm

Hyophorbe lagenicaulis

Round island palm 

The Bottle Palm is an eye-catching palm tree in Seychelles, distinguished by its unique bottle-shaped trunk and feathery fronds.

Originally from Round Island near Mauritius, it has adapted well to Seychelles' tropical climate. The swollen trunk serves as a water reservoir, allowing the tree to endure periods of drought.

Despite its charming appearance, the Bottle Palm is critically endangered in its natural habitat.

In Seychelles, it is cultivated as an ornamental plant, adding a touch of exotic allure to gardens and landscapes while contributing to conservation efforts for this endangered species.



#12

Orange Geiger

Cordia sebestena

Bwa rape 🌺

Native to the Americas, the Orange Geiger plant adorns Seychelles with its striking orange tubular flowers and glossy green foliage.

While its vibrant blossoms add aesthetic charm, the plant is also known as "Geiger Tree" because of its resilience in coastal areas.

Additionally, the plant has an interesting ecological role. The flowers attract pollinators, including butterflies and bees, contributing to local biodiversity.



#13

Golden Apple

Spondias Cytherea

Frisiter 

Spondias cytherea, commonly known as "Golden Apple" or "June Plum," is a tropical fruit tree known for its sweet and tangy golden fruits.

Native to Southeast Asia and the Pacific, it has spread to various tropical regions such as Seychelles.

The tree's dense foliage provides ample shade, making it a popular choice for landscaping.

In some cultures, the young leaves are used in traditional medicine. In the Creole culture, the fruit is commonly used to make a satini or salad.



#14

Bilimbi

Averrhoa bilimbi

Bilenbi 

The Bilimbi tree in Seychelles is known for its unique, elongated green fruits. Tasting sour and often used in culinary applications, the fruits are rich in vitamin C.

The tree's high acidity also makes it a natural cleanser, and its juice is used for polishing brass and removing stains.

Additionally, Bilimbi has traditional medicinal uses and is recognized for its antioxidant and anti-inflammatory properties.

Widely grown in Seychellois gardens, this tree adds both flavor and practicality to local landscapes, showcasing the islanders' resourceful approach to nature's offerings.



#15 Tamarind

Tamarindus indica

Tamarin 

Native to Africa, Tamarind is a tropical tree known for its sweet and tangy pods. The brown, pod-like fruits encase a sticky, pulp-rich interior often used in culinary applications, from sauces to candies.

Tamarind is rich in antioxidants and has potential health benefits. In some cultures, it's a traditional remedy for digestive issues.

Beyond its culinary and medicinal uses, tamarind holds cultural significance in various cuisines, symbolizing a unique blend of sweet and sour flavors.



#16 Coralwood

Adenanthera pavonina

Lagati 

Originating from Southeast Asia, the Coralwood tree, also commonly referred to as the Red Sandalwood or Circassian Seed tree, holds cultural prominence.

Its seeds, known as "red lucky seeds," are cherished for their believed ability to bring good fortune and are frequently fashioned into jewelry.

Besides its cultural significance, the tree is a valuable source of timber. With fern-like foliage and striking red seeds, it not only enriches Seychelles' biodiversity but also brings a cultural touch to the islands.



#17 Banana Tree

Musa Paradisiaca

Pye bannann 🍌

Banana trees thrive in Seychelles, contributing to the archipelago's lush landscapes.

Fun fact: Bananas are technically berries, and the large herbaceous plant is not a tree but a perennial herb.

Seychellois cuisine features various banana-based dishes, such as ladob, a sweet and creamy dessert spiced with cinnamon and vanilla.

Aside from being a delicious and versatile fruit, the Banana tree is highly sustainable, as it continually produces new shoots, ensuring a steady supply. Its resilience, nutritional value, and diverse uses make it a staple in both Seychellois gardens and daily life.



#18

Lemongrass

Cymbopogon Citratus

Citronel 

Lemongrass is a popular and aromatic herb in Seychelles, widely used in culinary and medicinal applications. Its citrusy flavor enhances local dishes, imparting a unique zest. Known to aid digestion and relieve stress. Seychellois often use lemongrass in traditional remedies and teas.

This versatile herb is also a natural insect repellent, adding a practical touch to Seychellois gardens. With its refreshing aroma and versatile uses, lemongrass plays a flavorful and functional role in Seychelles' culinary and wellness traditions.

Enhance your stay in Seychelles with a refreshing lemongrass iced tea at our Ocean View Bar.
(subject to availability)



#19

Macarthur Palm

Ptychosperma macarthurii

Tir Kouyon 

Named after Sir William Macarthur, a prominent 19th-century Australian horticulturist, the Macarthur Palm or Cluster Palm graces Seychelles with its elegant fronds and clustering growth.

This clustering growth habit not only enhances its ornamental value but also provides a habitat for various small creatures, such as the Seychelles green gecko, contributing to local biodiversity.

Caution is warranted when handling the seeds, as their sap can cause skin irritation.



#20 Ceylon Willow

Ficus benjamina

Lafous batar blan 

Also called the Weeping Fig, this is a popular ornamental plant in Seychelles, known for its graceful drooping branches and glossy green leaves. Originating from Southeast Asia, in some cultures, the *Ficus benjamina* is believed to bring good luck and positive energy to its surroundings.

With its air-purifying qualities, this plant not only enhances indoor and outdoor aesthetics but also contributes to a healthier living environment.

Its adaptability, resilience, and aesthetic appeal make it a favored choice in Seychelles for both homes and public spaces.



#21 Mango Tree

Mangifera indica

Pye mang 

Originating in South Asia, the mango tree is a tall tropical evergreen renowned for its globally cherished, diverse mango fruits, ranking as the most consumed fruit globally.

Flourishing globally, the mango tree can grow up to 100 feet, adorned with dense canopies. Mango leaves are employed in traditional medicine, and during the blooming phase, the tree releases a sweet fragrance, attracting pollinators.

In Seychelles, mangoes are frequently incorporated into salads, often served alongside curry dishes.



#22 White Frangipani

Plumeria obtusa

Franzipann blan 

Plumeria obtusa, also known as Singapore White or White Frangipani, graces Seychelles with its fragrant, pure white blossoms and glossy green leaves.

In various cultures, the White Frangipani symbolizes positivity and new beginnings, often associated with ceremonies and celebrations.

Although the flowers usually bloom during the warmer months, they may be present all year long.

Many locally crafted spa products in Seychelles capture the delightful scent of the frangipani flower.

Indulge in frangipani-scented treatments at our very own eforea Spa.



#23

Noni

Morinda citrifolia

Bwa Torti 

The Noni fruit tree thrives in Seychelles, featuring distinctive, bumpy fruits and glossy leaves.

Originally from South East Asia, it is locally known as "Bwa Torti", and holds cultural importance.

Despite its strong odor, the fruit is rich in nutrients and has traditional medicinal uses in purifying the body of toxins. In the past, it was used to reduce the recovery time after getting vaccinated.

Noni has become a symbol of resilience, adapting well to Seychelles' diverse landscapes, from coastal areas to mountain slopes, offering both nutritional value and traditional healing properties.



#24

Peacock Flower

Caesalpinia Pulcherrima

Zegret 

The Peacock Flower is a vibrant tropical shrub adorning Seychelles with its brilliant red and orange blooms. Also known as the Pride of Barbados, the flower's vibrant hues and distinctive shape evoke the beauty of a peacock's plumage.

The plant is not only an eye-catching ornament but is also utilized in traditional medicine for its anti-inflammatory properties. For instance, the west Indians pound the flowers and leaves into a decoction to treat fever.

Adding a burst of color to Seychellois landscapes, the Peacock Flower stands out as a captivating and culturally significant botanical presence.



#25

Breadfruit

Artocarpus altilis

Friyapen 

Introduced in the 18th century, breadfruit is a staple in Seychellois cuisine, cherished for its starchy, versatile fruit.

The fruit, resembling a large green football, can be roasted, fried, or boiled, offering a potato-like taste.

Beyond its culinary uses, breadfruit trees provide shade and are revered for their low-maintenance nature.

Fun fact: According to local lore, eating breadfruit while you're in Seychelles guarantees that you're bound to return to the islands one day.



#26 Laurier Rose

Nerium oleander

Lorye rouz 

The Laurier Rose tree, commonly known as Oleander, is a fragrant and ornamental shrub. Endemic to the Mediterranean region, including parts of Southern Europe, North Africa, and Southwest Asia, it graces landscapes with its elegant blossoms.

While admired for its beauty, all parts of the plant are toxic if ingested, and caution is advised. In various cultures, Oleander has symbolic significance, representing both love and caution.

Despite its poisonous nature, the shrub's resilience and aesthetic appeal make it a captivating addition to gardens and landscapes in tropical regions.



#27

Coco de Mer Tree

Lodoicea maldivica



The Coco de Mer, native to the Seychelles islands of Praslin and Curieuse, is renowned for its massive seeds weighing up to 30 kilograms and resembling a woman's pelvis and buttocks, contributing to its association with sensuality and fertility in folklore.

This rare species has a slow growth rate, taking around six to seven years to germinate and 25-30 years before producing fruit, with some trees living for several hundred years. The tree you see here is a male and will not bear any fruit.

Historically, Seychellois people utilized every part of the tree for various purposes, including the nutritious kernel as a delicacy and the fibrous husk for ropes and crafts. Legends and mythology across cultures depict the Coco de Mer as a forbidden fruit associated with love and passion, with sailors' discovery of the seeds on remote beaches sparking tales of mermaids and mythical sea creatures.



#28 Red Ginger

Alpinia purpurata

Alpinya 

The Red Ginger plant graces Seychelles with its vibrant, cone-shaped flower clusters, adding a burst of color to tropical landscapes. Native to Southeast Asia, it thrives in Seychellois climates.

In addition to its ornamental value, Red Ginger has traditional medicinal uses, believed to alleviate various ailments such as digestive issues. The plant's showy flowers, ranging from deep red to pink and white, make it a popular choice for floral arrangements. Often called "Ou konnet," Red Ginger is a cultural symbol in Seychelles, associated with hospitality and warmth, enhancing the islands' natural beauty with its striking presence.



#29

Orange Lobster Claw

Heliconia latispatha

Labek Kato



The Parrot Flower is a captivating, rare plant native to Northern Thailand and Myanmar. Its distinctively shaped blooms resemble a parrot in flight.

This unique flower has garnered attention for its intricate and exotic appearance, often deemed one of the most stunning in the plant kingdom. Due to its limited habitat and specific growing conditions, the Parrot Flower remains a rare find, enchanting enthusiasts and nature lovers alike with its extraordinary beauty and bird-like resemblance.



#30

Yellow Coconut

Cocos nucifera

Koko rouz 

In 1931, Dwarf coconuts, including the Malayan Yellow and Malayan Red Dwarfs, were introduced to Seychelles from the Malay States.

Locally known as koko rouz, these compact coconut varieties serve dual purposes. They enhance the landscape with their ornamental appeal, often used for decorative purposes in gardens and resorts.

Simultaneously, the coconuts are valued for local consumption, particularly as for refreshing drinks. This introduction highlights the adaptability and cultural significance of Dwarf coconuts in Seychelles, providing both aesthetic beauty and practical utility.

Enjoy a fresh coconut at Ocean View Bar!
(subject to availability)



#31

White Frangipani

Plumeria pudica
Franzipann blan 

The Plumeria Pudica, commonly known as Bridal Bouquet, graces Seychelles with its unique characteristics.

Unlike the classic Frangipani, it features elongated, spoon-shaped leaves and slender, pure white flowers. It is often considered a symbol of purity and is associated with weddings. Its distinctive appearance and enchanting fragrance make it a sought-after ornamental addition to Seychellois gardens, providing a delightful contrast to the more common White Frangipani.

As with the Frangipani, caution is advised as all parts of the plant are mildly toxic.



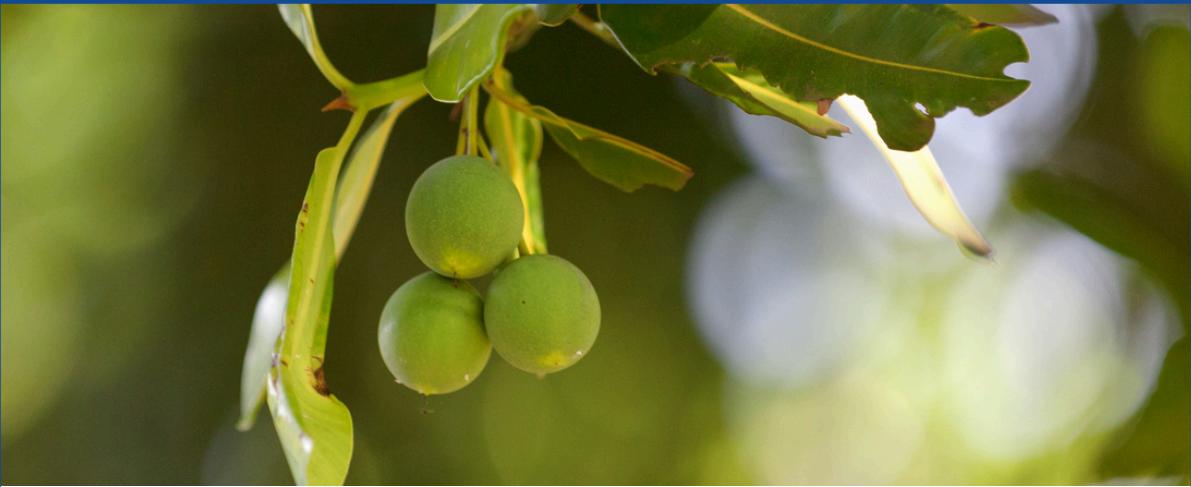
#32 Green Coconut

Cocos nucifera

Koko ble 

Koko Ble is a local variety of coconut cultivated in Seychelles. Among the common local coconut varieties, Koko Ble is known for its distinct nut sizes, shapes, and productivity. Its cultivation plays a significant role in Seychelles' coconut industry.

The coconut is used for various purposes, including culinary applications and the extraction of coconut oil. Koko Ble is an integral part of Seychellois culture, contributing to both the economy and traditional practices.



Takamaka Tree

Calophyllum Inophyllum

Takamaka

The Takamaka tree is an iconic native of Seychelles, known for its umbrella-like canopy and distinctive bark.

These trees, often found along coastlines, have a mysterious folklore association with pirates burying treasure beneath them, adding to their allure. The seeds produce valuable oil traditionally used in local medicine.

Beyond its cultural significance, Takamaka trees contribute to Seychelles' biodiversity, providing habitat for various bird species. Their graceful presence and cultural myths make them a cherished part of the Seychellois landscape.



Sea Almond

Terminalia catappa

Bodamier 

The Sea Almond tree is a coastal gem in Seychelles, known for its distinctive leaves and edible nuts. Its large, vibrant leaves turn red before shedding, giving the tree a stunning appearance.

Fun fact: The nuts, resembling almonds, are buoyant and can float for months, aiding in their dispersal across oceans.

With its aesthetic charm and ecological role, the Sea Almond tree stands as a coastal icon in Seychelles.