

WETLAND SPECIES of Seychelles



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Disclaimer

This identification guide booklet has been developed under the **‘Improving Climate Adaptation and Environmental Governance through Local People and Co-Management’** initiative funded by the European Commission, to support wetland conservation and monitoring.

This guide is designed to support the education and awareness aspect of wetland monitoring activities at various sites by the Ministry of Environment, Climate, Energy and Natural Resources (MECENR) and partner organisations or private sector stakeholders that support wetland management.

Please note that wetland species in Seychelles are not limited to the species mentioned in this guide. The majority of photos were opportunistic, taken during wetland surveys or site visits using CANON EOS R7 & EOS R50 cameras, while others are archival.



“Improving Climate Adaptation and Environmental Governance through Local People and Co-Management in Seychelles” Project



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An aerial photograph of a mangrove forest. A central, winding water channel or lagoon runs vertically through the middle of the frame. The water is a dark, murky grey-brown color. On either side of the channel, there is a dense, lush green mangrove forest. The trees are tightly packed, creating a vibrant green canopy. The overall scene is a top-down view of a natural wetland ecosystem.

MANGROVES & OTHER WETLAND FLORA of Seychelles



large flattened
leaves with
needle tips



elongated,
smooth seeds



cream-
coloured, four
petals



branched
stilt-like roots



RED MANGROVE

Latin name: *Rhizophora mucronata*

Creole: Mangliye rouz

Global Distribution: Indo-Pacific region and East Africa; introduced to Hawaii and Costa Rica.

Distribution in Seychelles: Native, common in most mangrove areas.

Habitat: Medium low tidal zone.

Identification: Small to medium sized tree, with stilt-like roots and large green leaves with needle tips.



Did you know?

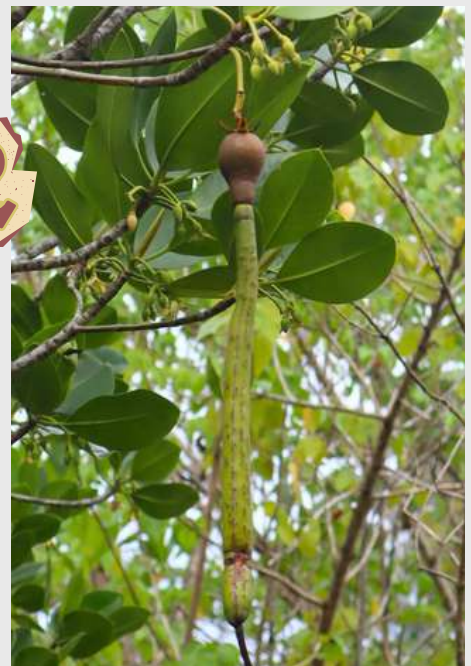


1

In the past, the bark of red mangroves was used for tanning leather and as a red dye for wooden floors.

2

The Red mangrove is a viviparous plant, meaning the seeds germinate inside the fruit while still attached to the parent plant. When the propagule is ready to root in the mud below, it detaches from the branch.





large flattened
leaves with
downward
curved tips



elongated,
smooth seeds

white or
cream petals,
later turn
brown-red or
reddish oran
ge



buttresses
and knee-like
roots



ORIENTAL MANGROVE

Latin name: *Bruguiera gymnorhiza*

Creole: Mangliye lat

Global Distribution: Western shores of the Pacific ocean, Indian Ocean and the shores of Eastern Africa from Ethiopia to Eastern Cape South Africa.

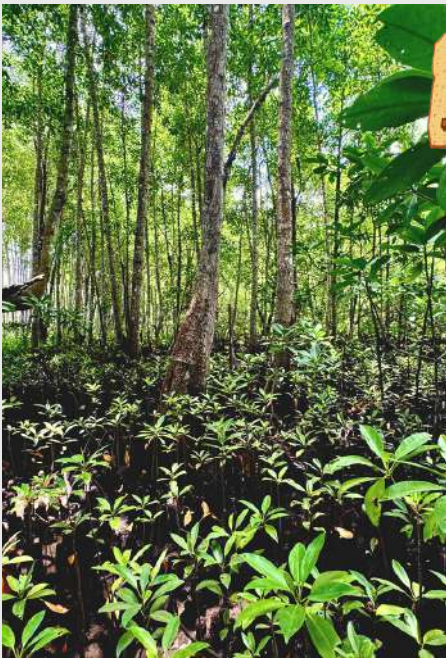
Distribution in Seychelles: Native, restricted distribution in low numbers.

Habitat: Middle & upper intertidal zone.

Identification: Medium to tall tree, with knee roots and short buttresses, and large green leaves with downward tips.



Did you know?

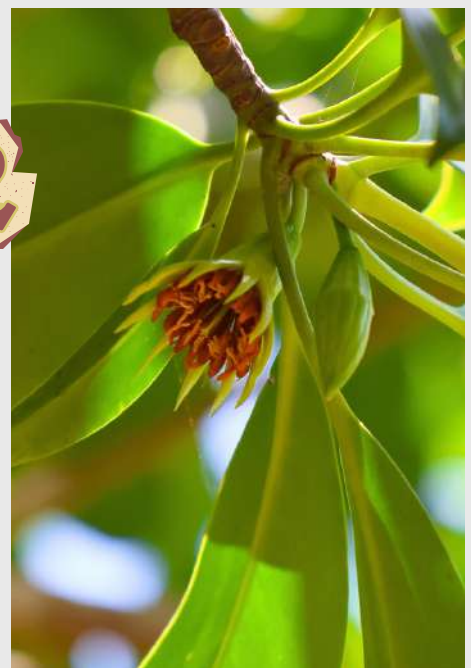


1

In some countries, the bark is used medicinally to treat burns, diarrhea and other health issues.

2

The white flower of the Oriental mangrove turns brownish-orange before falling off.





Small, bright green, glossy leaves with silvery white, hairy undersides.



rounded and slightly flattened seeds



orange flower, four petals, with a waxy surface.



pencil-like aerial roots



WHITE MANGROVE

Latin name: *Avicennia marina*

Creole: Mangliye blan

Global Distribution: Eastern coast of Africa, southwest to southeast Asia, Australia and northern New Zealand.

Distribution in Seychelles: Native, most common and widespread species on the granitic islands.

Habitat: Low tidal zone.

Identification: Generally small trees, with thin pencil-like aerial roots and narrow, bright green leaves with silvery-white underside.



Did you know?



1

The aerial roots (or pneumatophores) of the white mangrove allows the plant to absorb oxygen, which is deficient in the soil/mud.

2

The white mangrove is a cryptovivipary plant, meaning the seed germinates inside the fruit but remains inside until after the fruit drops or splits open.





round leaves



green, leathery fruits
with star shaped
base containing tiny
white seeds



white flower
with numerous
stamen



thick, blunt,
cone-shaped
aerial roots

APPLE MANGROVE

Latin name: *Sonneratia alba*

Creole: Mangliye fler

Global Distribution: Tropical coasts from East Africa to Southeast Asia, New Guinea, Australia and West Pacific.

Distribution in Seychelles: Native, common and widespread in the granitics (Mahe, Praslin, Silhouette), rare on Aldabra and Cosmoledo.

Habitat: Low tidal zone.

Identification: Relatively tall tree with a broad, spreading canopy, usually 15-20m tall. Has thick cone-shaped aerial roots shooting out of the ground.



Did you know?



1

The flowers of the *Sonneratia alba* only bloom at night, and the white stamens shed shortly after.



2

The tall, thick respiratory roots of the *Sonneratia alba* can be as tall as 1 meter long.





small, dull dark green leaves with slightly notched edges.



small white five-petaled flowers.



small, flattened green seeds



prop roots

BLACK MANGROVE

Latin name: *Lumnitzera racemosa*

Creole: Mangliye Pti Fey

Global Distribution: Western Indo-Pacific region.

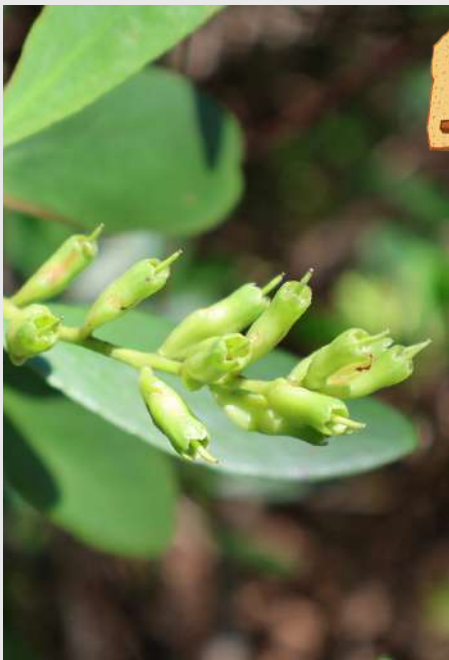
Distribution in Seychelles: Native, generally less abundant than other species. Found in the inner and outer islands of Seychelles, including Mahé, Aldabra, and Cosmoledo.

Habitat: Mid-tidal zone.

Identification: Short to medium-sized tree of about 5-8 meters tall, prop roots, small knee-like pneumatophores and sometimes fine aerial roots.



Did you know?



1

Lumnitzera racemosa primarily propagates by seed, which are dispersed by water due to the floating fruits. Researchers have also explored using cuttings for propagation.

2

Its wood is dense and often used by coastal communities for poles, bridges or boats.





glossy, bright
green leaves, that
grow in opposite
pairs



elongated,
ridged seeds



small white five-
petaled flowers



pyramid roots



YELLOW MANGROVE

Latin name: *Ceriops tagal*

Creole: Mangliye Zonn

Global Distribution: Western Indian Ocean and western Pacific.

Distribution in Seychelles: Native. Generally well distributed on Mahe and Aldabra.

Habitat: Medium-high tidal zone.

Identification: Small to medium sized, bushy-topped tree growing up to 15m tall, with grey-brown bark and pyramid-like buttress roots (sometimes small knee-like roots present).



Did you know?



1

The old fruit left hanging on the tree was used by children as a whistle, which worked by blowing across the yellow-green section.

2

In the Philippines, the extracts from the dried bark are used as bittering and fermenting agents for the traditional palm wines.





elliptic leaves with
round tips



large, spherical
fruit



small creamy-
white flowers



Snake-like
buttress roots

PUZZLENUT MANGROVE

Latin name: *Xylocarpus granatum*

Creole: Mangliye Ponm or Mangliye Pasyans

Global Distribution: Western Indo-Pacific region.

Distribution in Seychelles: Native. Generally less abundant than other species. Fairly common in the Port Launay Coastal Wetlands.

Habitat: High tidal zone (landward edge).

Identification: Medium sized, tree growing up to 20m tall, with long snake-like buttress roots spreading out and smooth, flaky light brown bark.



Did you know?



1

The names 'mangliye pasyans' and 'puzzlenut' come from the process of rearranging the irregularly shaped seeds into a sphere, resembling a 3D puzzle that requires patience.



2

The bark and leaves were used as medicine, prescribed for diarrhea, dysentery and fever.





large upright
leaves

dark leaf stalk
with central
groove

has adventitious
roots

GOLDEN LEATHER FERN

Latin name: *Acrostichum aureum*

Creole: Fouzer lanmar

Global Distribution: Wide pantropical distribution, thriving in tropical and subtropical regions.

Distribution in Seychelles: Native. Common mangrove associate, seen in most wetlands.

Habitat: Mangrove swamps and brackish or freshwater wetlands.

Identification: Large evergreen fern, growing up to 3 meters tall.



Did you know?



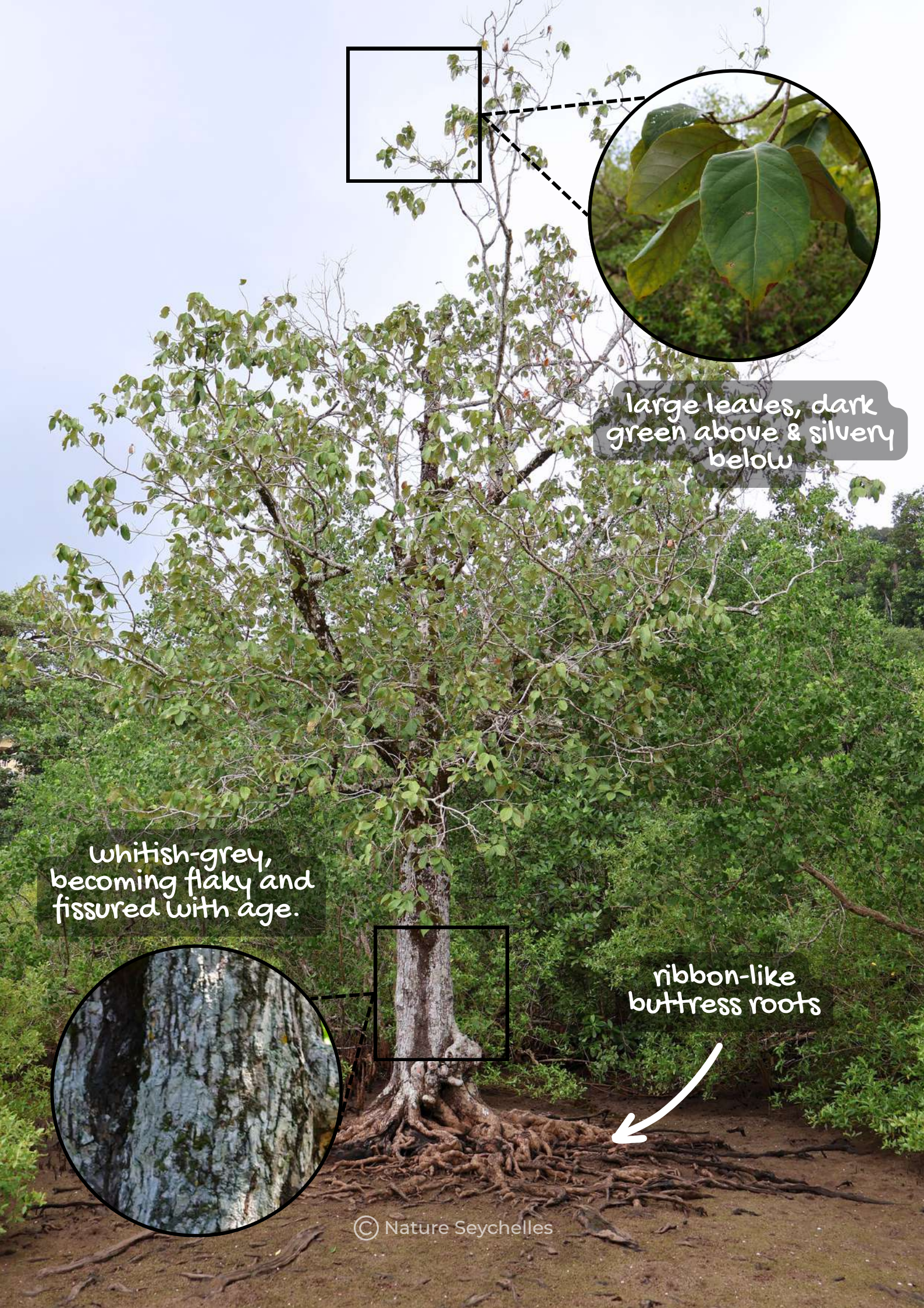
1

Ferns are non-flowering plants that reproduce through tiny spores.

2

Although it is often classified as a mangrove associate, this species can also display invasive traits, especially in disturbed areas. Its rapid growth allows it to outcompete other mangrove species, potentially harming the ecosystem's structure.





large leaves, dark green above & silvery below

whitish-grey, becoming flaky and fissured with age.



ribbon-like buttress roots



LOOKING-GLASS TREE

Latin name: *Heritiera littoralis*

Creole: Bwa-d-tab

Global Distribution: Widely distributed across the Indo-Pacific.

Distribution in Seychelles: Native.

Habitat: Landward edges of mangrove forests and riverine forests, typically at low elevations near sea level.

Identification: Tall evergreen tree, reaching up to 25 meters, with ribbon-like buttress roots, large leaves and oddly shaped shiny brown, large seeds.



Did you know?

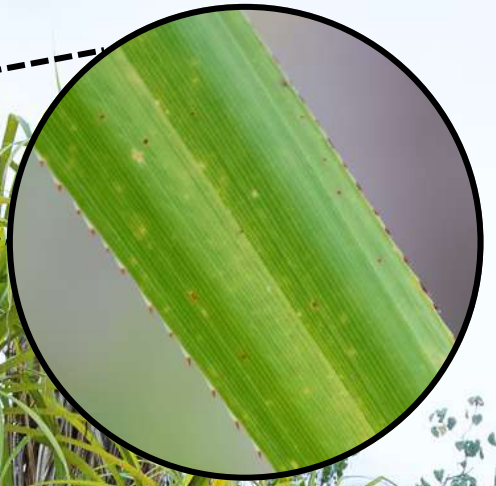


The fruits float and were used by children as boats, either whole or cut in half.

2

Commonly known as the 'looking-glass tree', it gets its name from the silvery color on the underside of its leaves, which gives them a mirror-like appearance.





long drooping
leaves with pale
spines along edges



large, sectioned
green fruit

short stilt
roots



BALFOUR'S PANDANUS

Latin name: *Pandanus balfourii*

Creole: Vakwa bor-d-mer

Global Distribution: Endemic to Seychelles.

Distribution in Seychelles: Common on the granitic islands, namely Praslin, Mahe and Silhouette.

Habitat: Rocky coastal areas with salt spray and higher altitude rocky areas.

Identification: Slender tree, up to 10 meter tall, with long drooping leaves in groups at the end of branches.



Did you know?



1

'Vakwa bor-d-mer' is listed as Vulnerable under the IUCN red list due to habitat loss.

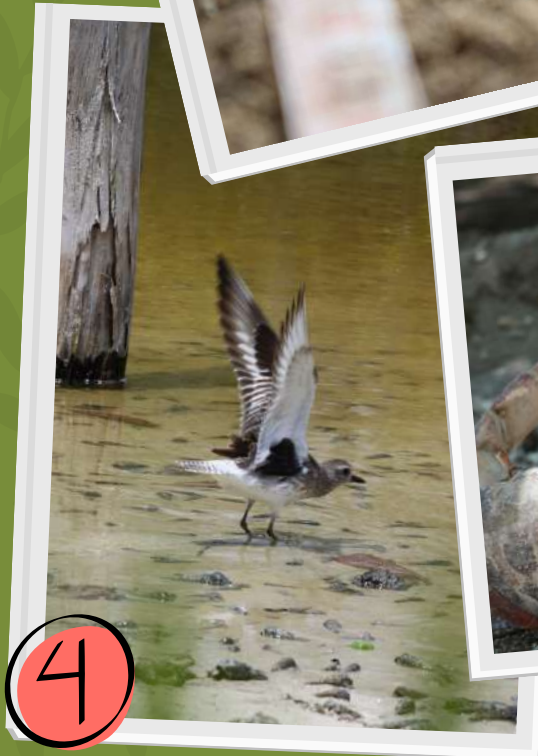
2

The fruit contains 70-90 individual drupe-like edible fruits. When ripe, the fruit turns from green to an orange or yellow colour.



COMMON WETLAND FAUNA of Seychelles





1) **Common mudskipper** on nursery crates

2) **Porcelain fiddler crab** and survey tape

3) **Day gecko** hanging out on red mangrove tree

4) **Grey plover** taking flight

5) **Giant mangrove crabs** 'pincer fighting'



white head
with black crest

long, dagger-
shaped
yellow-orange
bill

generally grey
and white body,
black arm pits in
flight

© Nature Seychelles

large, long
orange-yellow
legs

*The only large heron resident in Seychelles

GREY HERON

Latin name: *Ardea cinerea*

Creole: Floranten Sann

Found: Native to Europe, Asia and parts of Africa.

Distribution in Seychelles: Breeds throughout Seychelles.

Nest: In colonies, but sometimes alone on trees/shrubs high off the ground.

Diet: Fish (sometimes frogs, crabs/hatchling turtles).

Identification: Large grey, long-legged wading bird, commonly seen by the beach or wetlands.



Did you know?



Grey herons were wiped out as a breeding species in the granitic islands by 1970, killed for food or sport. Although they survived on some outer islands, they returned in the 1980s and began breeding again on Mahé by 1990.

Grey herons breed in communities called 'heronries', but can also be found alone. They build large untidy nests on trees, and occasionally on the ground. The colonies may also include other species.

2



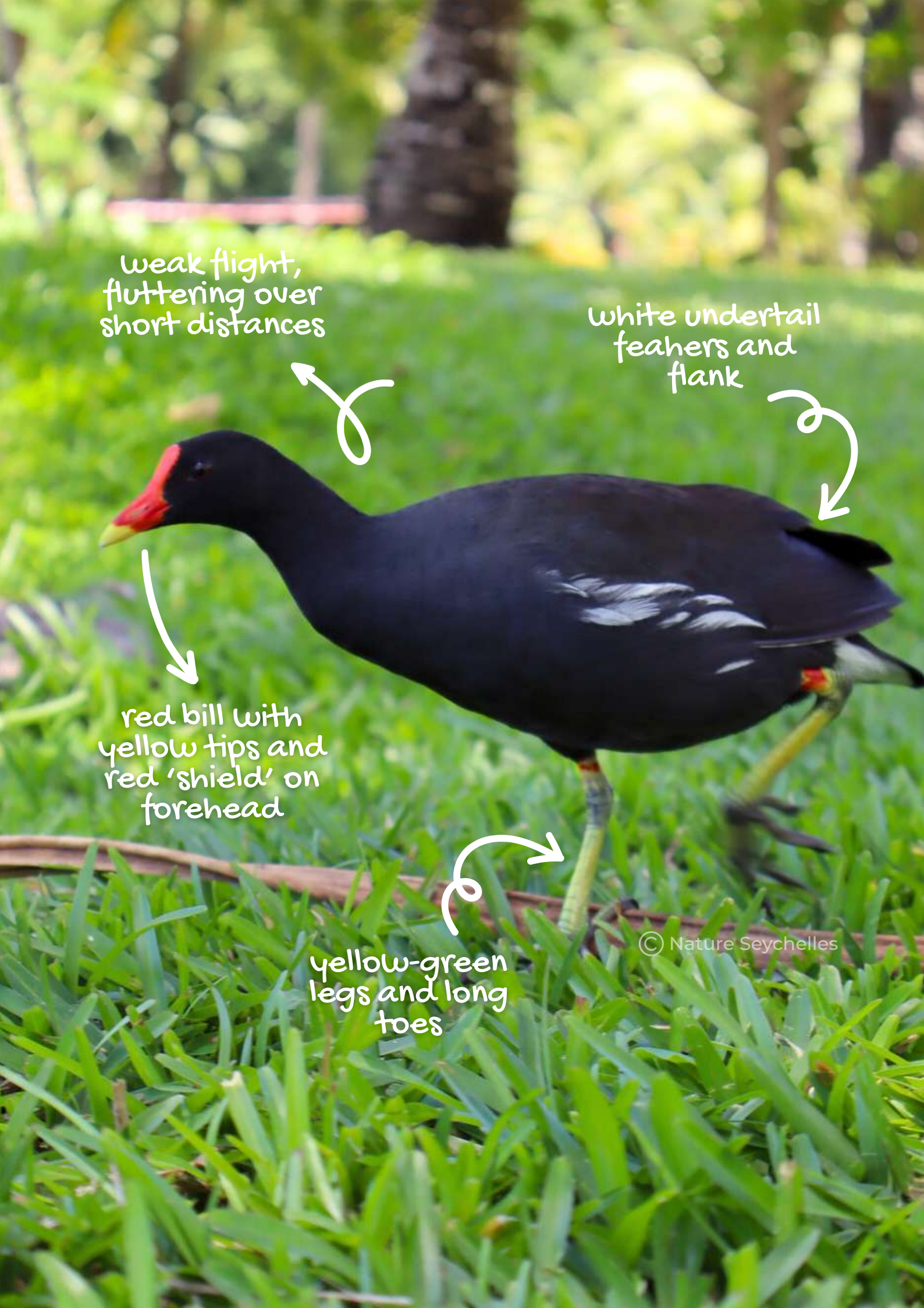
weak flight,
fluttering over
short distances

white undertail
feathers and
flank

red bill with
yellow tips and
red 'shield' on
forehead

yellow-green
legs and long
toes

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COMMON MOORHEN

Latin name: *Gallinula chloropus*

Creole: Poul do

Found: Widespread, except in Australia and Antarctica.

Distribution in Seychelles: Resident in the granitic islands

Nest: Saucer-shaped, untidy nests made of grass and reeds, located at ground level or 2 meters high.

Diet: Omnivorous; seeds, insects, snails etc...

Identification: Medium-sized, dark plumage bird with red bill and yellow tip, white under tail, and yellow legs.



Did you know?



1

During courtship, male moorhens chase the female, both birds with their necks outstretched. The female may respond by bowing, while the male nibbles feathers on the back of her head.

2

Female lays up to 10 eggs. Both parents incubate and feed the young. Chicks fledge after 40-50 days, becoming independent a few weeks after.

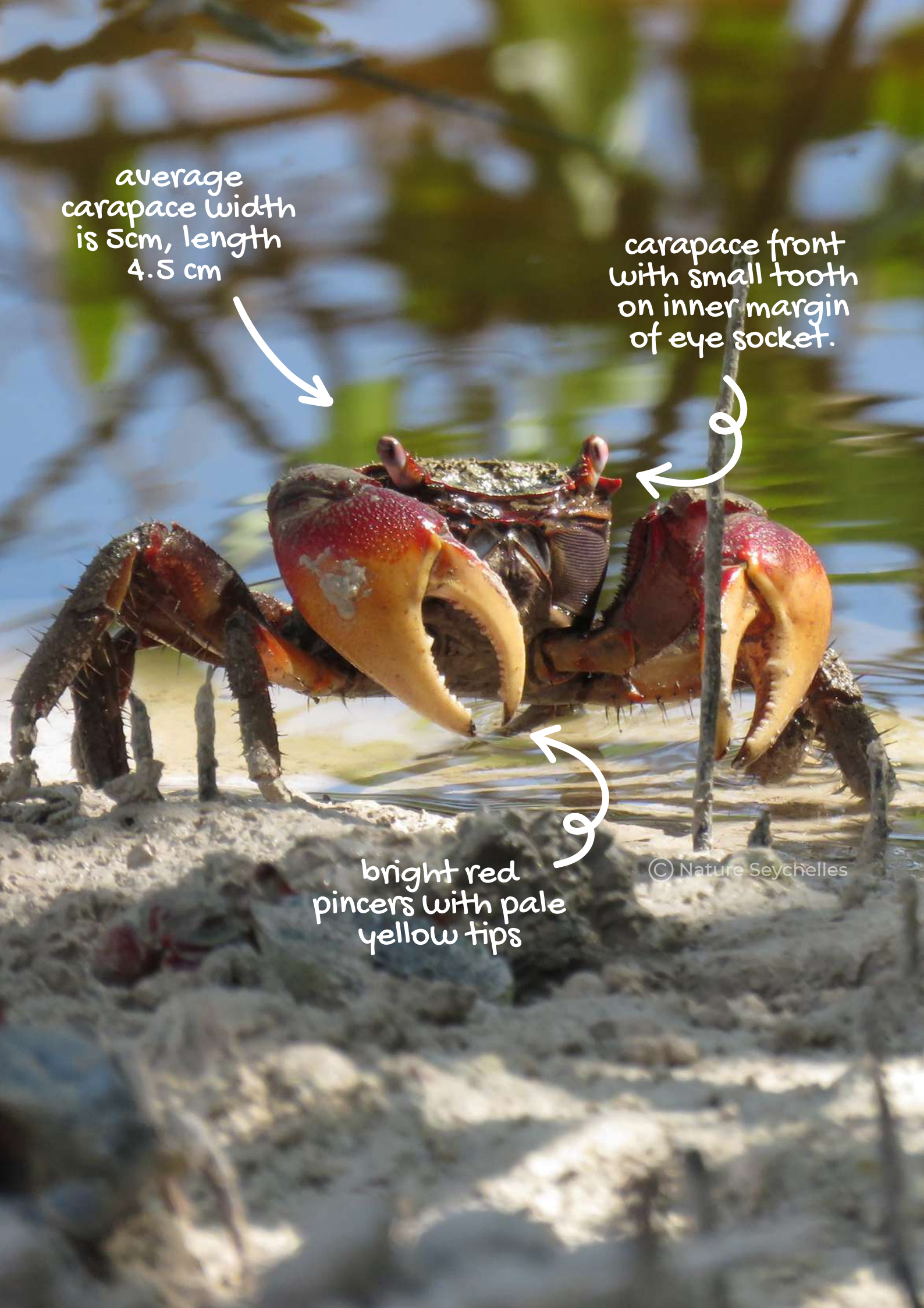


average
carapace width
is 5cm, length
4.5 cm

carapace front
with small tooth
on inner margin
of eye socket.

bright red
pincers with pale
yellow tips

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RED MANGROVE CRAB

Latin name: *Neosarmatium meinerti*

Creole: Loulou

Found: Western Indian Ocean (from Mauritius, Rodrigues and Seychelles), Red Sea to West Pacific Ocean.

Distribution in Seychelles: Common in the granitic islands, and few coralline islands.

Habitat: build burrows in dry, muddy areas of the upper intertidal zone of mangrove forests.

Diet: mainly mangrove leaves.

Identification: Medium-sized, scarlet red pincers fading to yellow towards the tips.



Did you know?



1

Mangrove crab burrow entrances are typically surrounded by a mud mound. The burrows contain secondary channels, each approximately 80 cm long, usually extending to the water table.



2

Mangrove crabs are commonly known for storing food (mangrove leaves) in their burrows before consumption.



large, bulging
eyes

flat, elongated
body

large, strong
pectoral fins

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COMMON MUDSKIPPER

Latin name: *Periophthalmus kalolo*

Creole: Kabosoter

Found: Indo-Pacific, East Africa to Samoa.

Distribution in Seychelles: Common in most coastal wetland areas.

Habitat: digs mud burrows in the intertidal zone.

Diet: small invertebrates, like worms, crabs and insects, sometimes algae.

Identification: flat, elongated body, large, bulging eyes, large pectoral fins enabling movement across mud and sand.



Did you know?

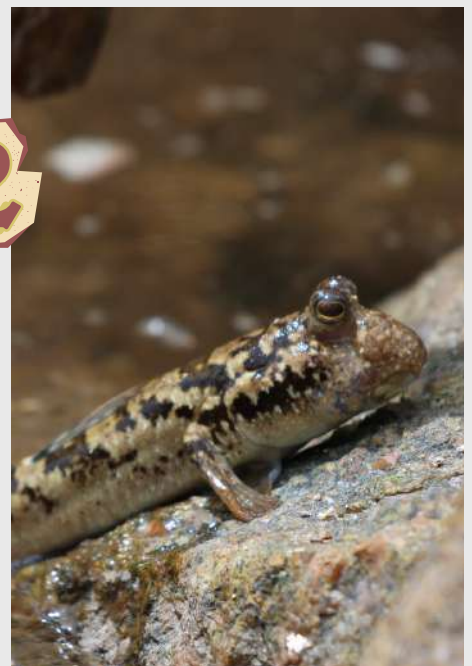


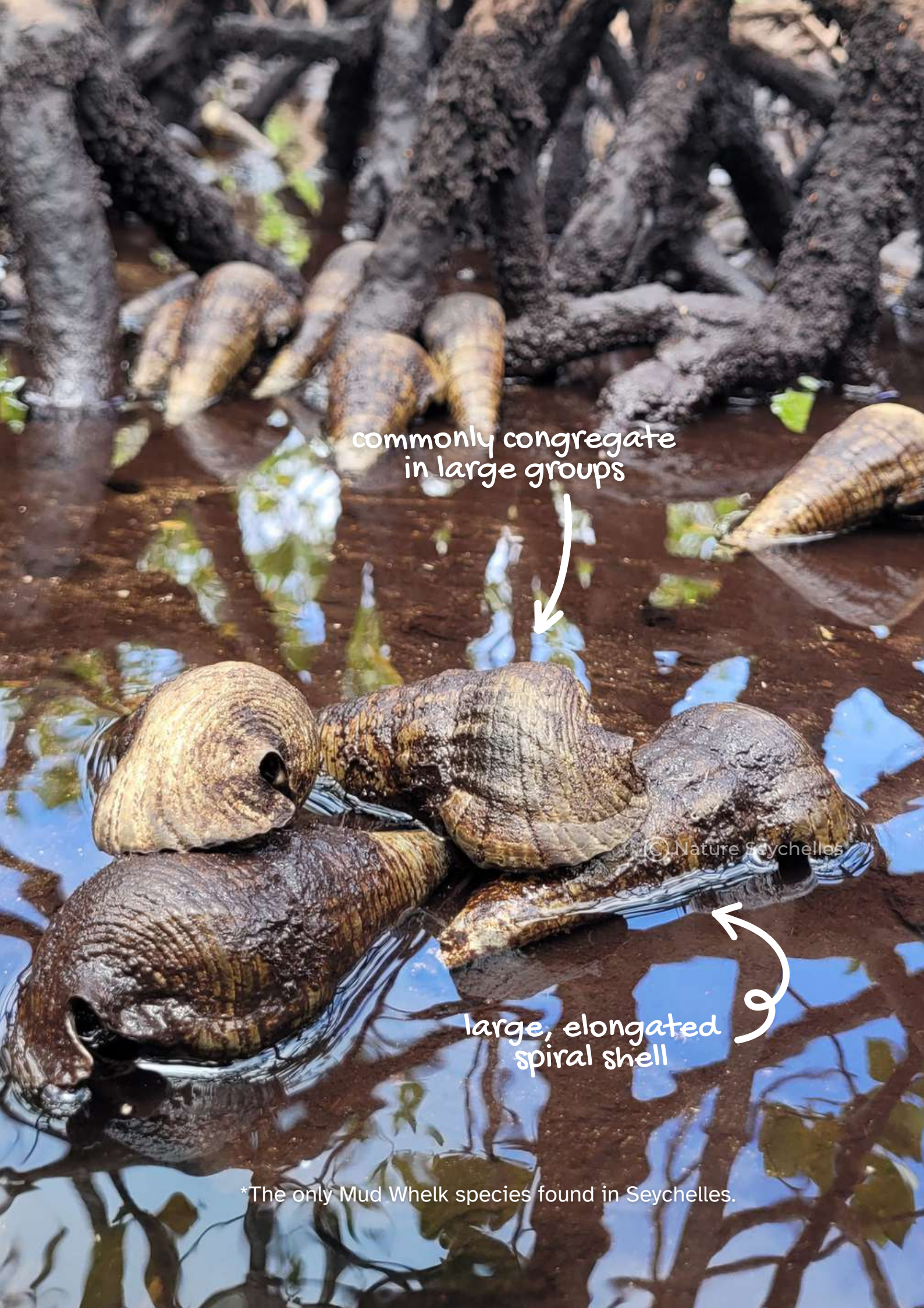
Mudskippers have large, bulging eyes on top of their heads that offer excellent vision. They can rotate their eyes independently, which helps them spot predators or prey above and below the water's surface.



2

Mudskippers spend most of their time out of the water and can meet their oxygen needs as long as they stay wet. They use their large and strong pectoral fins to “skip” or “walk” on land by pushing their body forward.



A photograph of several Mud Whelk shells in a shallow, dark pool of water. The shells are large, elongated, and spiral-shaped, with a brownish-yellow color and distinct ridges. They are surrounded by dark, tangled mangrove roots. A white arrow points from the text 'commonly congregate in large groups' to a cluster of shells in the background. Another white arrow points from the text 'large, elongated spiral shell' to a single shell in the foreground. A small copyright notice '© Nature Seychelles' is visible near the bottom right.

commonly congregate
in large groups

large, elongated
spiral shell

*The only Mud Whelk species found in Seychelles.

MANGROVE WHELK

Latin name: *Terebralia palustris*

Creole: Fizo

Found: Indo- West Pacific.

Distribution in Seychelles: Common in mangrove habitats.

Habitat: Found on coastal mud flats, surface of mud in mangroves and soft water logged soil.

Diet: algae, mangrove leaves and detritus.

Identification: Thick, elongated, large, spiral shell. Can grow up to 19cm long.



Did you know?



1

They are major grazers in the mangrove habitat, feeding on algae, mangrove detritus and leaves. They have been shown to consume up to 3.2 g leaf litter per snail per day in Japan.

Mangrove whelks are harvested by fishermen to be used for bait.

2





sharp, long beak
used for fishing

dark slate grey
on back

white throat,
sides of breast
dark chestnut
brown

pale, yellowish
green legs

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*The only small heron resident of Seychelles.

GREEN-BACKED HERON

Latin name: *Butorides striatus*

Creole: Manik

Found: Tropical parts of the world, including Asia, Africa, Central America.

Distribution in Seychelles: Native, breeds throughout the Seychelles.

Nest: Solitary, in trees and shrubs.

Habitat: Rocky shores, shallow reefs, mangrove and freshwater marshes.

Diet: Tiny fish, frogs, insects, skinks, crabs, eggs of other birds.

Identification: Small, grey-brown heron.



Did you know?



1

Juvenile green-backed herons are streaky dark brown and white in colour.



2

Green-backed herons sometimes use bait, dropping a feather or leaf carefully on the water surface and picking fish that come to investigate.





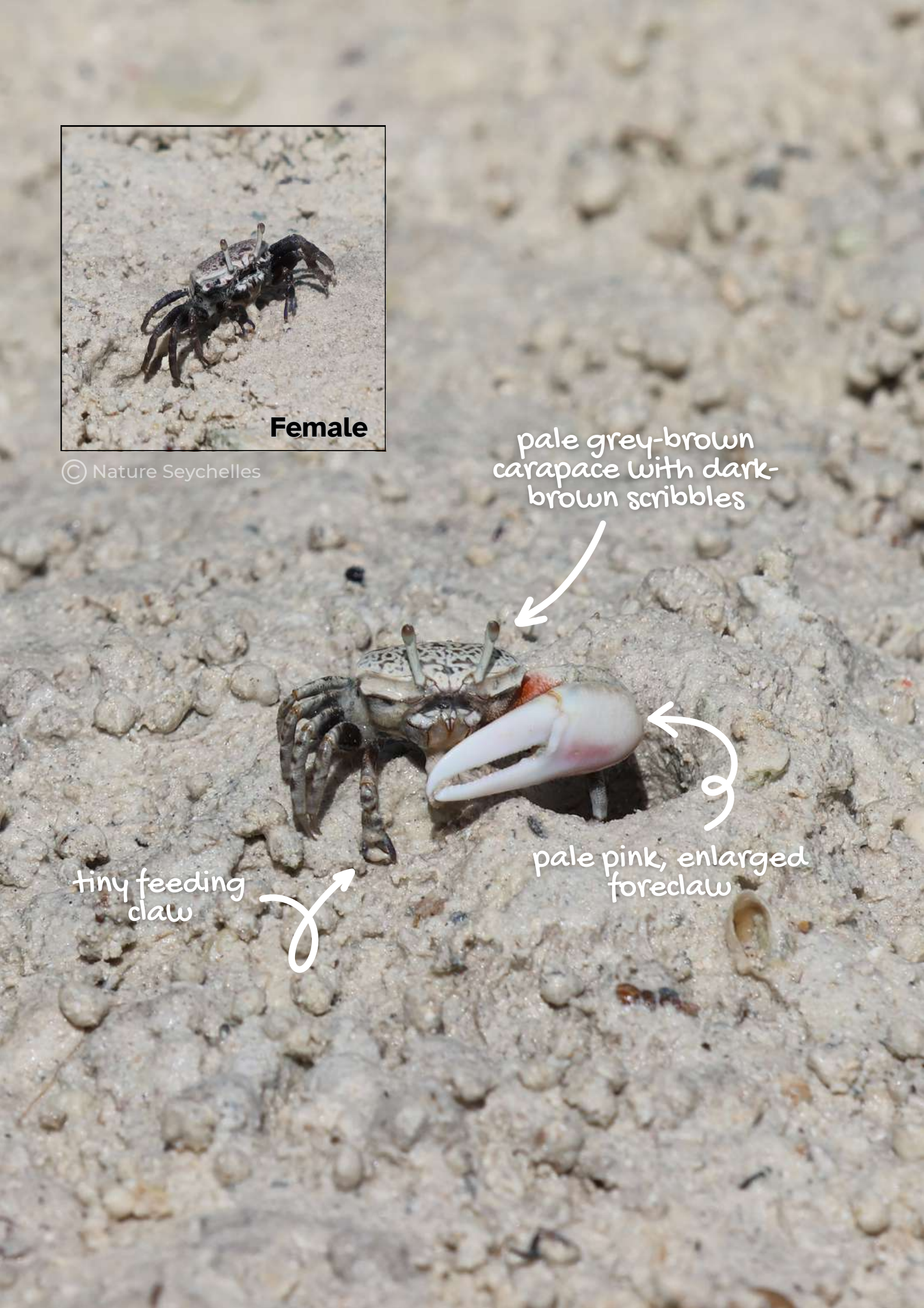
Female

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pale grey-brown
carapace with dark-
brown scribbles

tiny feeding
claw

pale pink, enlarged
foreclaw



PORCELAIN FIDDLER CRAB

Latin name: *Uca lactea annulipes*

Creole: Krab semafot

Found: Indo-Pacific region.

Distribution in Seychelles: Most common Fiddle crab species in the granitic islands.

Habitat: Found where muddy or silty substrates occur, often inland side of mangroves.

Diet: Detritus; sometimes dead crabs.

Identification: Relatively small crab with dark-brown scribbled markings on carapace. Enlarged foreclaw of male is pink to red in colour.



Did you know?



1

It is the smallest and most common fiddler crab in the granitic islands of Seychelles; often seen in huge numbers on suitable muds or sandbanks.

2

The large claw of the male fiddler crabs is used as a signaling device, to communicate their ownership of territory and for courtship.





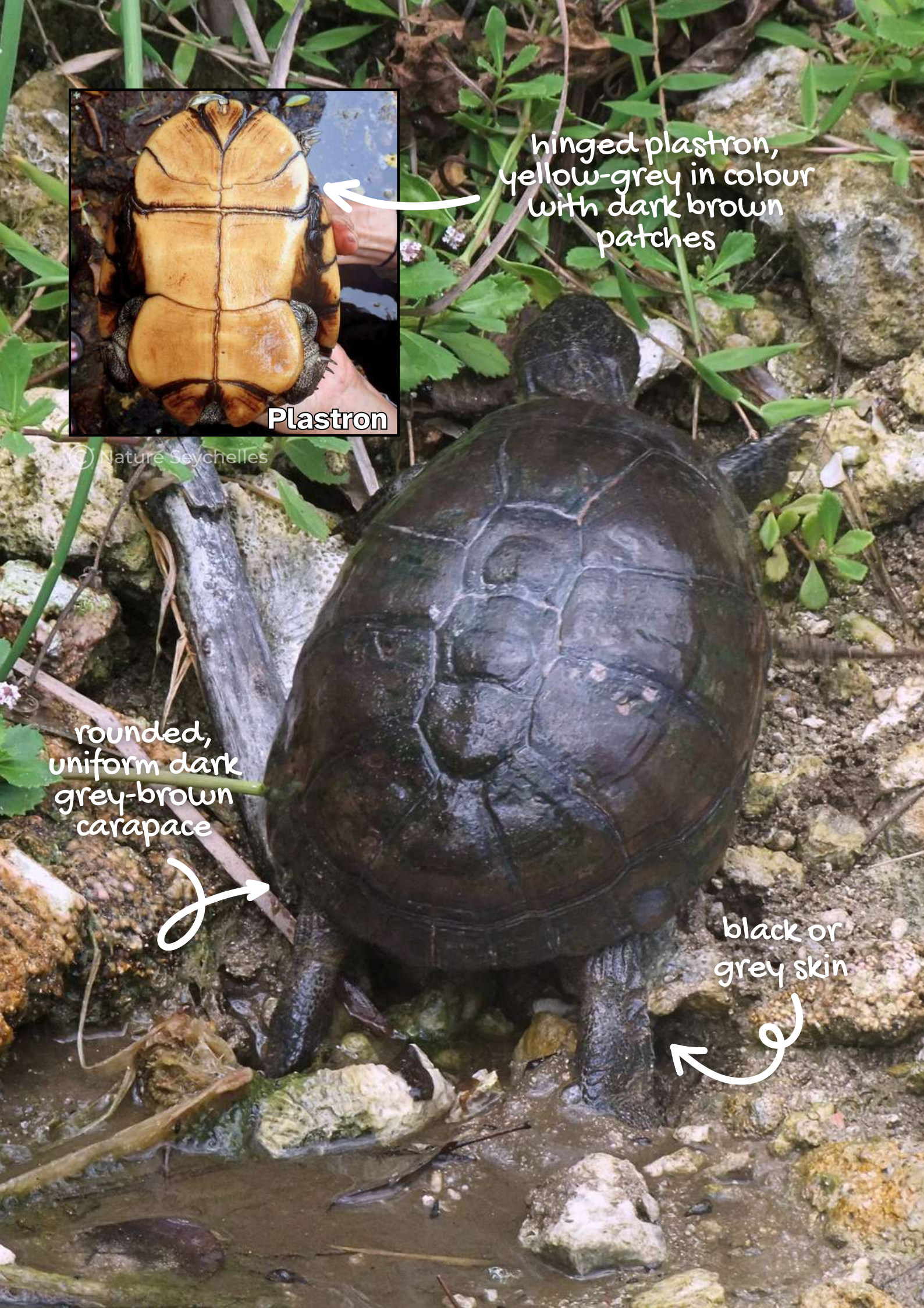
Plastron

hinged plastron,
yellow-grey in colour
with dark brown
patches

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rounded,
uniform dark
grey-brown
carapace

black or
grey skin



BLACK MUD TERRAPIN

Latin name: *Pelusios subniger*

Creole: Torti soupap

Found: Endemic sub-species of Seychelles.

Distribution in Seychelles: Found in the granitics; Mahe, La Digue, Cerf, Fregate, Cousin and possibly other islands.

Habitat: Lowland marshes (fresh/brackish)

Nest: Shallow nest in sandy soil.

Diet: Invertebrates, amphibians, fish, fruits and plant material.

Identification: Small mud terrapin (about 20cm) with dark grey-brown carapace and yellow-grey underside with black patches.



Did you know?



1

The black mud terrapin is listed as Critically Endangered by the IUCN Red List.

2

They have a hinge on the underside of the shell. (plastron) that allows them to retract the head and forelimbs, closing the shell for protection.



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hinged plastron,
yellow in colour with
dark suture lines

yellow-brown
carapace

golden ring in
the eye

yellowish skin

YELLOW-BELLIED MUD TERRAPIN

Latin name: *Pelusios castanoides*

Creole: Torti soupap

Found: Endemic sub-species of Seychelles.

Distribution in Seychelles: Found in the granitics; Mahe, Praslin, La Digue, Cerf, and possibly other islands.

Habitat: Lowland marshes (fresh/brackish)

Nest: Shallow nest in sandy soil.

Diet: Invertebrates, amphibians, fish, fruits and plant material.

Identification: Relatively large mud terrapin (up to 23cm) with yellow-brown carapace and yellow underside with dark suture lines.



Did you know?



The yellow-bellied terrapin is listed as Critically Endangered by the IUCN Red List.



2

Despite their poorly webbed feet, they are fairly good swimmers and can walk along the bottom.





broad, diamond-shaped body

long tail with
feather-shaped flap
towards the tip

FEATHERTAIL STINGRAY

Latin name: *Pastinachus sephen*

Creole: Lare lafwet or bannann

Found: Indo-Pacific region

Distribution in Seychelles: Common in the granitic islands, and few coralline islands.

Habitat: found in lagoons, reef flats and estuaries.

Diet: small fish, molluscs and crustaceans.

Identification: Medium-sized stingray with broad diamond shaped body, and long feather shaped tail. It can grow up to 3 meters long and 1.8 meters wide. Dorsal side is brown to greyish and white on the underside.



Did you know?



1

The feathertail/cowtail stingray is listed as Near Threatened (NT) under the IUCN Redlist. This is due to habitat loss or destruction and other human-related threats.



2

They enter shallow sandy areas during high tide to rest for a few hours, usually in groups.





mottled brownish-black back

short, slightly upturned bill

black neck collar

short orange legs

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*Breeding birds have reddish-brown plumage with black markings.

RUDDY TURNSTONE

Latin name: *Arenaria interpres*

Creole: Bezroz

Found: Breeds in northern latitudes and migrate to southern coasts worldwide.

Distribution in Seychelles: Migrants throughout Seychelles, October to March.

Nest: Shallow depression in mud, peat or on dry ground with dense vegetation.

Habitat: Coastal plains, marshes, and tundra.

Diet: Insects, crustaceans, molluscs, annelids, echinoderms, small fish, carrion and bird eggs.

Identification: Chunky wader with short bright orange legs, mottled brownish-black back and black chest-collar.



Did you know?

1



Their bill is strong and pointed, making it ideal for wedging into crevices and prying up rocks, shells, driftwood and seaweed. This helps them find hidden prey.

2

Ruddy turnstones are common wading birds in Seychelles often seen in small groups feeding on exposed reefs at low tide and in mudflats.



steep forehead &
rounded crown

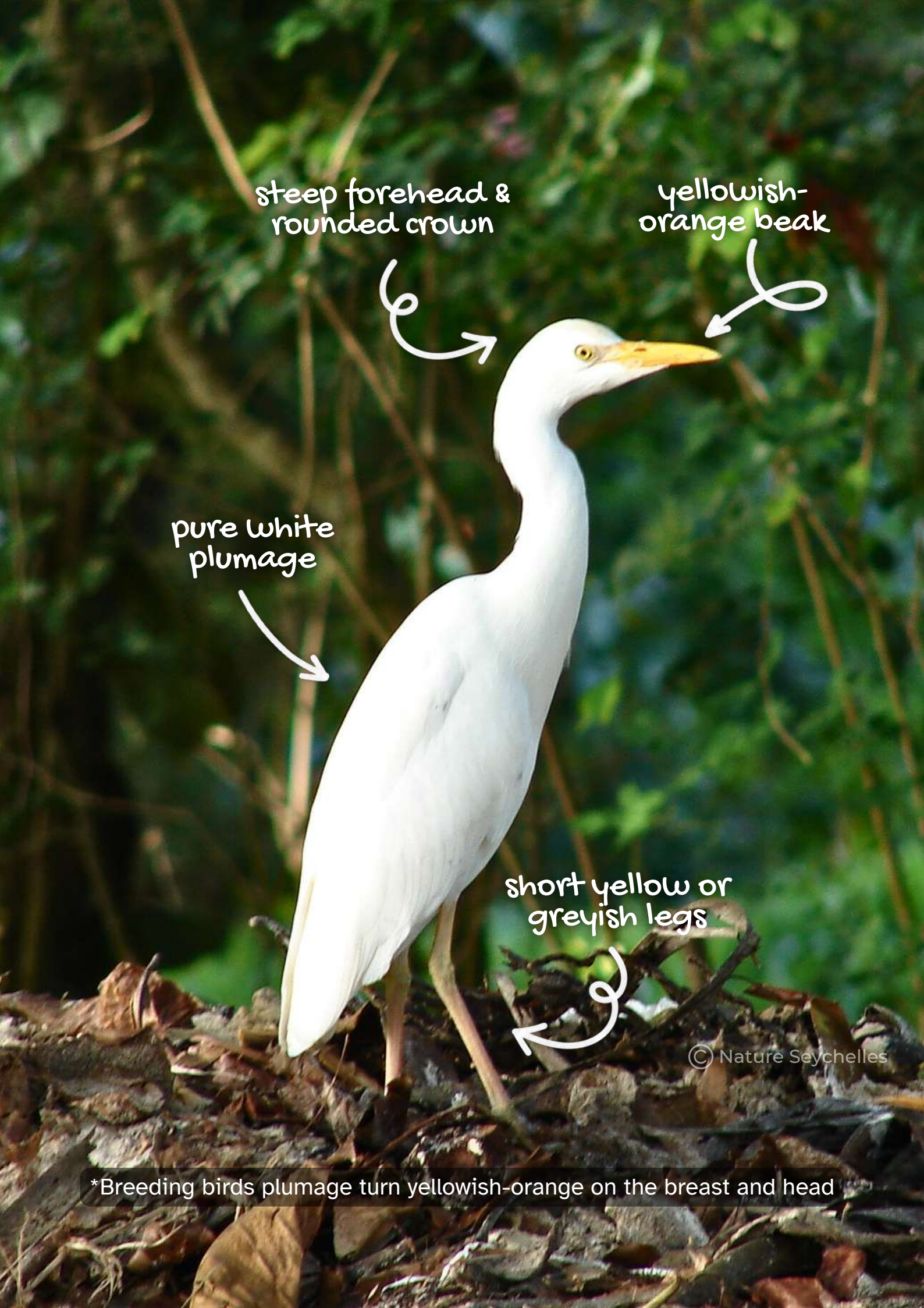
yellowish-
orange beak

pure white
plumage

short yellow or
greyish legs

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*Breeding birds plumage turn yellowish-orange on the breast and head



CATTLE EGRET

Latin name: *Bubulcus ibis*

Creole: Madanm paton

Found: All continents, except Antarctica.

Distribution in Seychelles: Breeds on Mahé and probably other islands; seen on many islands throughout the Seychelles.

Nest: In large groups, in mangroves and other trees.

Habitat: Grassland and around human habitation, also freshwater and mangroves.

Diet: Insects, fish, skinks, crabs, eggs, chicks and even adults of other birds.

Identification: Medium-sized, pure white, short-legged egret, often seen away from water.



Did you know?



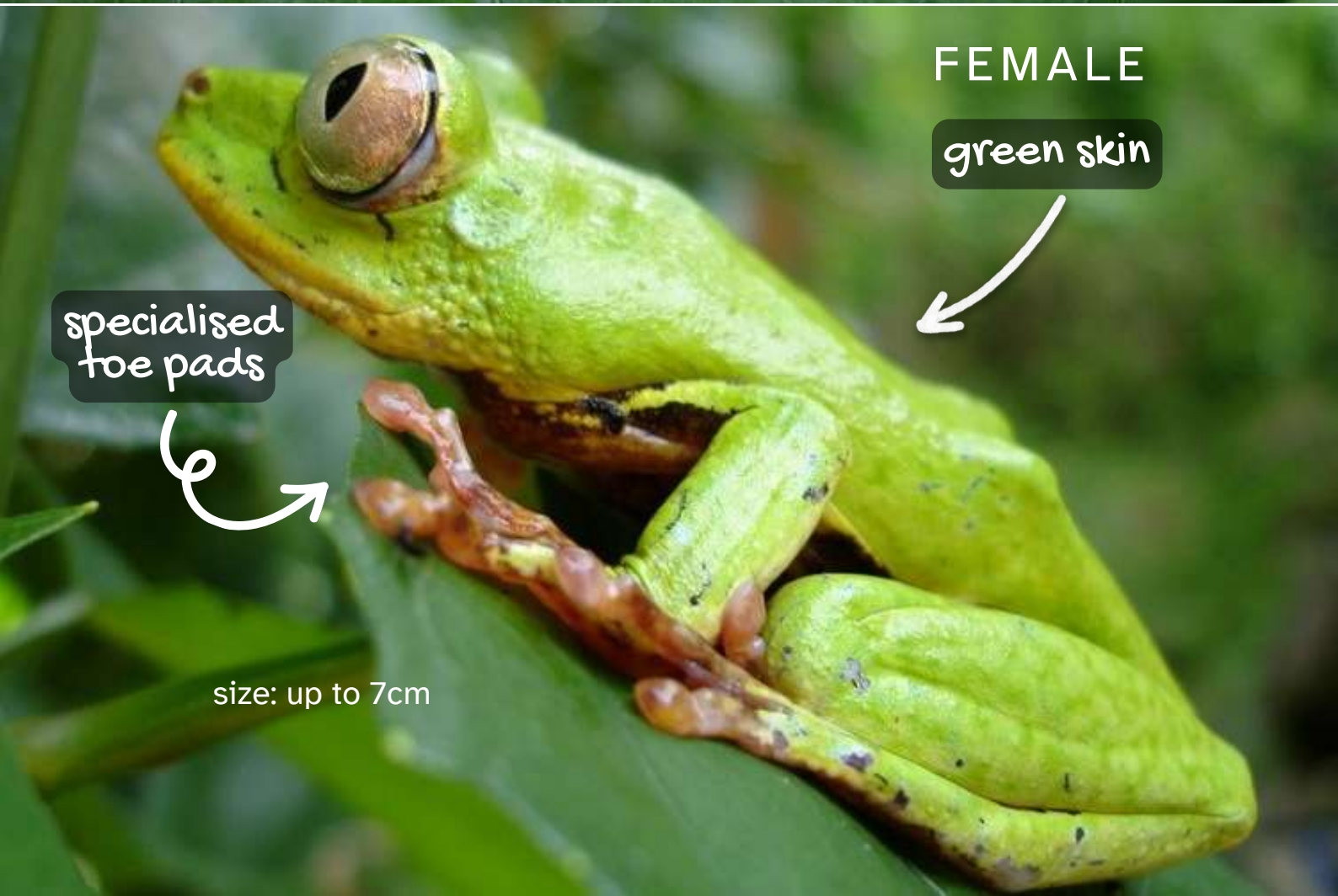
1

Cattle egrets are often found away from water, especially in human-inhabited and cultivated areas. On Mahé, they are usually spotted at the Victoria market, waiting for scraps by the fish stalls.

2

They are diurnal species, meaning they are active in daytime, with a period of sleeping or inactivity at night.





SEYCHELLES TREE FROG

Latin name: *Tachycnemis seychellensis*

Creole: Krapo

Found: Endemic to Seychelles.

Distribution in Seychelles: Found in the granitics; Mahe, Praslin, La Digue, and Silhouette.

Habitat: From coastal plateau to high altitudes.

Nest: Eggs are laid on vegetation above water.

Diet: Insects.

Identification: Large tree frog (up to 7cm), males are red-brown and females are larger and green in colour. They are usually seen resting on tree leaves.



Did you know?



1

The Seychelles tree frogs are a nocturnal species, meaning they are active at night. By day, individuals rest on tree leaves, becoming pale and waxy in colour.

2

Their specialised toe pads are rough and covered with a sticky secretion, helping in climbing over smooth surfaces.





Male

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brown body

black body

banded black
and yellow legs

SEYCHELLES PALM SPIDER

Latin name: *Nephila inaurita*

Creole: Bib

Found: Southern and eastern Africa, and islands in the Western Indian Ocean.

Distribution in Seychelles: Found in the granitic and coralline islands.

Habitat: Mostly terrestrial, but co-occur near the coast/wetlands.

Diet: Flying insects (moths, mosquitoes, bees)

Identification: Large spider with banded yellow and black legs. Males are smaller and darker in colour.



Did you know?



The male palm spiders live on the peripheral strands of the web, away from the large female to avoid becoming her next meal.

2

They are known for spinning large, strong webs with distinctive yellow, golden-hued silk.



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brown shell, with
irregular stripes

spiral without
nodules



MANGROVE PERIWINKLE

Latin name: *Littoraria scabra*

Creole: Pti mari

Found: Tropical and sub-tropical Indo-Pacific region, including the Red sea

Distribution in Seychelles: Widespread on most of the islands.

Habitat: Rocky shores and mangrove forests.

Diet: Microalgae, fungi, mangrove tissues and bacteria.

Identification: Relatively small sea snail (15-40mm), with conical spiral shell, brown with irregular dark stripes.



Did you know?

1



They are the subject of a local children's song that goes like this:
(Seychelles Creole)

Pti mari montre mon ou korn,
ma donn ou delo disik, delo disel.

This is sang multiple times until the snail comes out of its shell.

2

They typically live on the trunks, leaves and roots of mangrove trees, especially *Rhizophora*, at about 0.5 to 2 meters above the ground.



slate-grey
dorsal surface

reddish-purple
carapace

enlarged
foreclaw (male)



GIANT MANGROVE CRAB

Latin name: *Cardisoma carnifex*

Creole: Tyangoman

Found: Throughout the Indo-Pacific region, from East coast of Africa to the Red Sea.

Distribution in Seychelles: Granitic and coralline islands.

Habitat: Mangrove habitats and rocky inland areas.

Diet: Vegetation (leaves, fruits, flowers), animal matter (small invertebrates).

Identification: Relatively large land crab, with reddish-purple carapace and slate-grey dorsal surface. Males develop enlarged foreclaws.



Did you know?



1

Adult males exhibit sexual dimorphism in their claws, with one claw much larger than the other. The smaller claw is for feeding, while the larger one is for fighting and attracting females.

2

Giant mangrove crabs are opportunistic omnivores- primarily feeding on vegetation such as leaves and flowers, but also animal matter like small crustaceans and mollusks. Their diet is flexible and adapts to whatever is available.



grey upperwing with
white wingbar,
white rump and grey
tail with black
armpits in flight

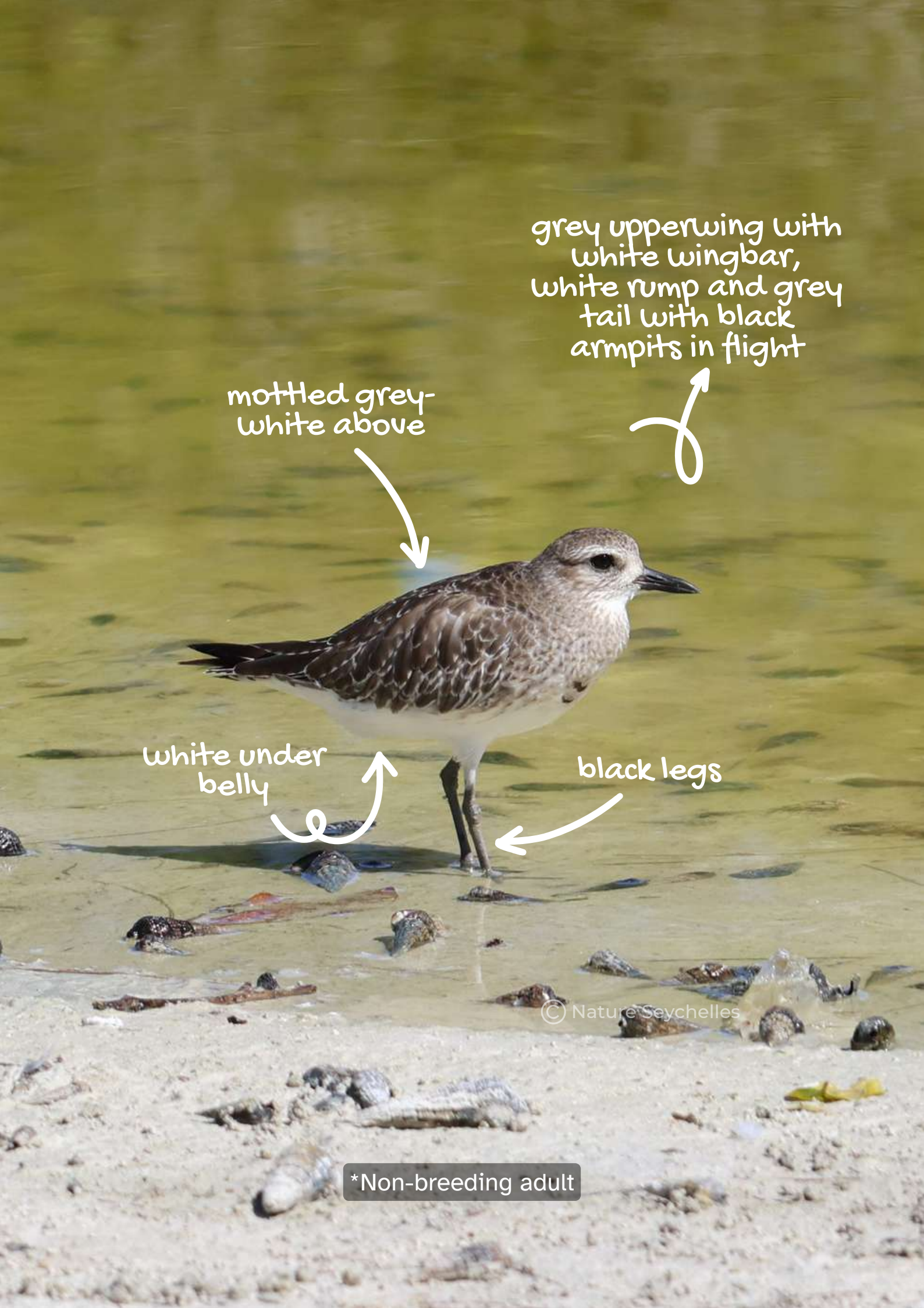
mottled grey-
white above

white under
belly

black legs

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*Non-breeding adult



GREY PLOVER

Latin name: *Pluvialis squatarola*

Creole: Plivye Sann

Found: Breeds in the Arctic tundra, migrating south to winter along coasts of Africa, India, Southeast Asia, Australia, and the Americas.

Distribution in Seychelles: Annual migrants throughout Seychelles, mainly September to April.

Diet: Molluscs, crustaceans and worms.

Identification (non-breeding adult): Large, plump, silver-grey mottled (above) plover, and white belly.



Did you know?



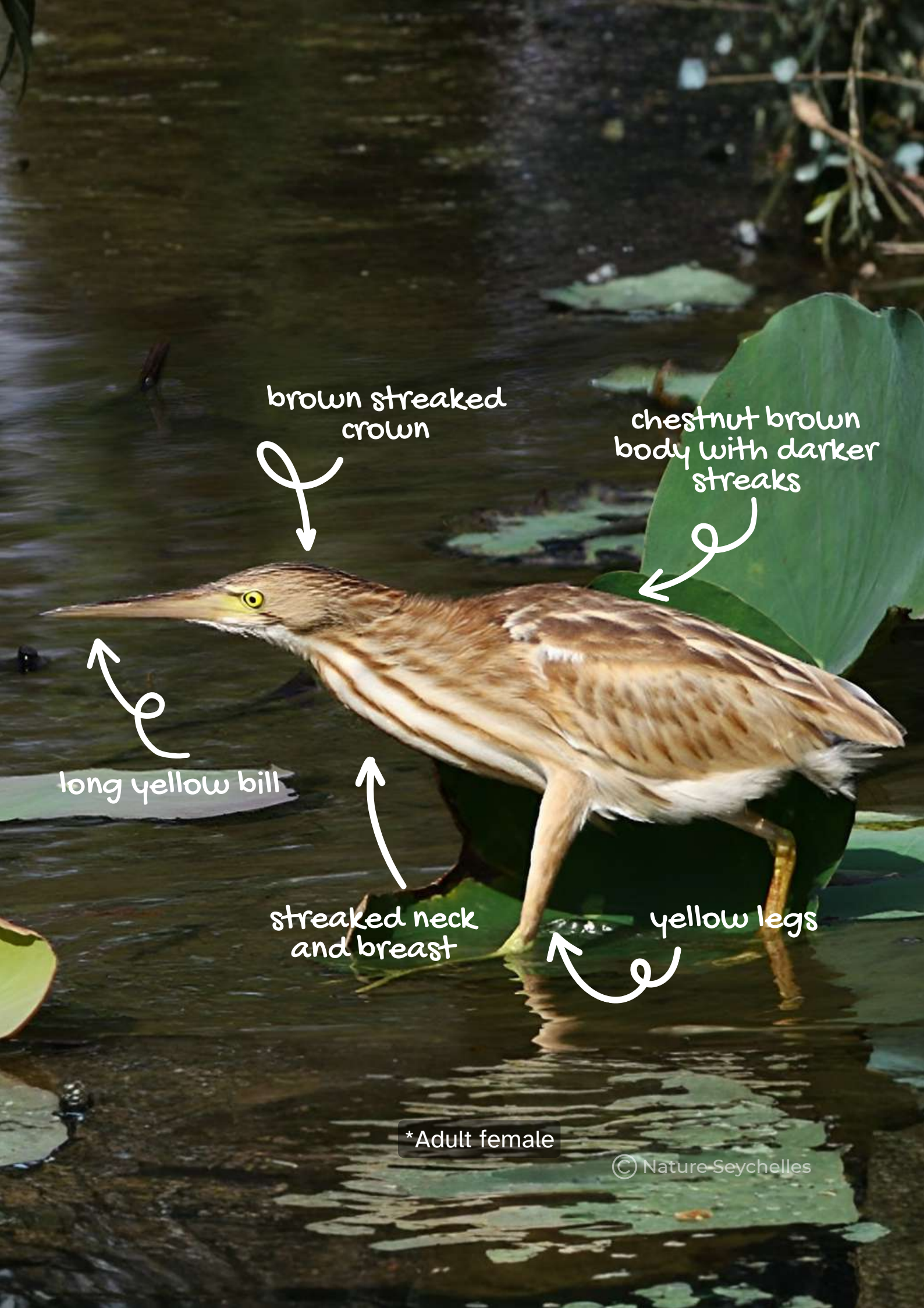
1

Due to their shyness and tendency to be easily alarmed, these birds often take flight first when a flock of shorebirds is disturbed. This behavior allows them to act as sentinels, serving as lookouts for mixed groups of other shorebirds.

Grey plovers are not as gregarious as many waders, though at high tide will associate with other shore birds standing in characteristic hunched posture.

2





brown streaked
crown

chestnut brown
body with darker
streaks

long yellow bill

streaked neck
and breast

yellow legs

*Adult female

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YELLOW BITTERN

Latin name: *Ixobrychus sinensis*

Creole: Makak zonn

Found: East and Southeast Asia, including Japan, Korea and tropical regions like the Philippines, Indonesia, and Seychelles.

Distribution in Seychelles: Mainly on Mahe, Praslin and La Digue.

Habitat: Freshwater marshes in thickets of reed, and mangroves.

Nest: Bulky, built on dead reeds or other vegetation 0.3-1.5 m above water.

Diet: Fish, frogs and aquatic insects.

Identification (non-breeding adult): Small, shy heron species, chestnut-brown body with black or brown streaked crown.



Did you know?



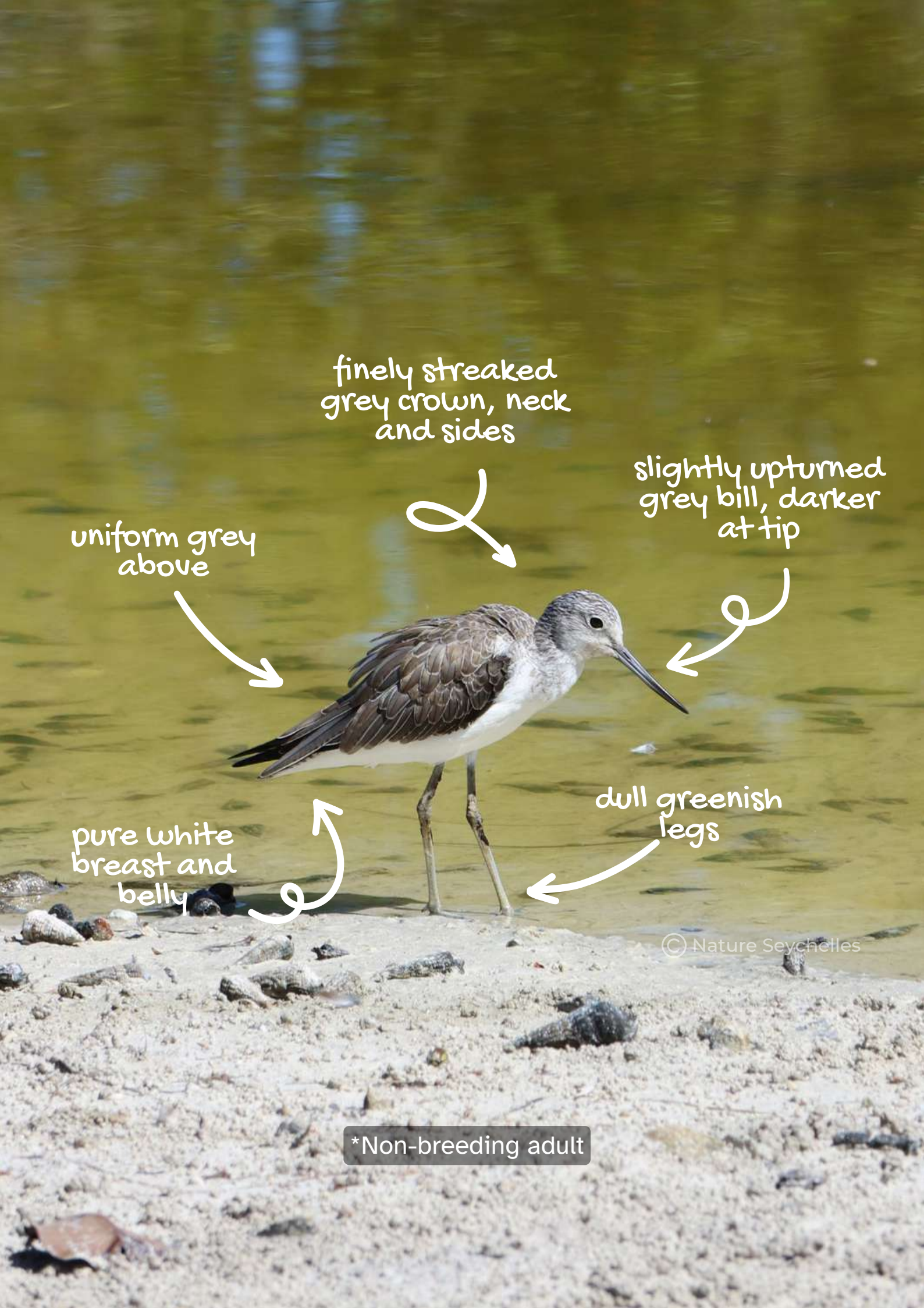
1

The Seychelles population is isolated, with sightings mainly in coastal freshwater/brackish wetlands on Mahé, such as Police Bay, Intendance, and Kempinski, as well as on Praslin, La Digue, and occasionally on other islands like Curieuse and Aride.

2

Yellow bitterns prefer to remain hidden in reeds but are known for holding a "bittern pose" (neck stretched up) to blend into their surroundings.





finely streaked
grey crown, neck
and sides

slightly upturned
grey bill, darker
at tip

uniform grey
above

pure white
breast and
belly

dull greenish
legs

© Nature Seychelles

*Non-breeding adult

COMMON GREENSHANK

Latin name: *Tringa nebularia*

Creole: Kavalye lapat ver

Found: Breeds in subarctic Eurasia; winters in coastal areas of Africa, the Indian subcontinent, Southeast Asia, and Australasia.

Distribution in Seychelles: Annual migrants throughout Seychelles, mainly October to April.

Habitat: Pools and wetlands, or exposed reefs, lagoons or intertidal sand and mudflats.

Diet: Invertebrates and small fish.

Identification (non-breeding adult): Medium-sized wader, uniform grey above, white below, slightly upturned bill, and green legs.



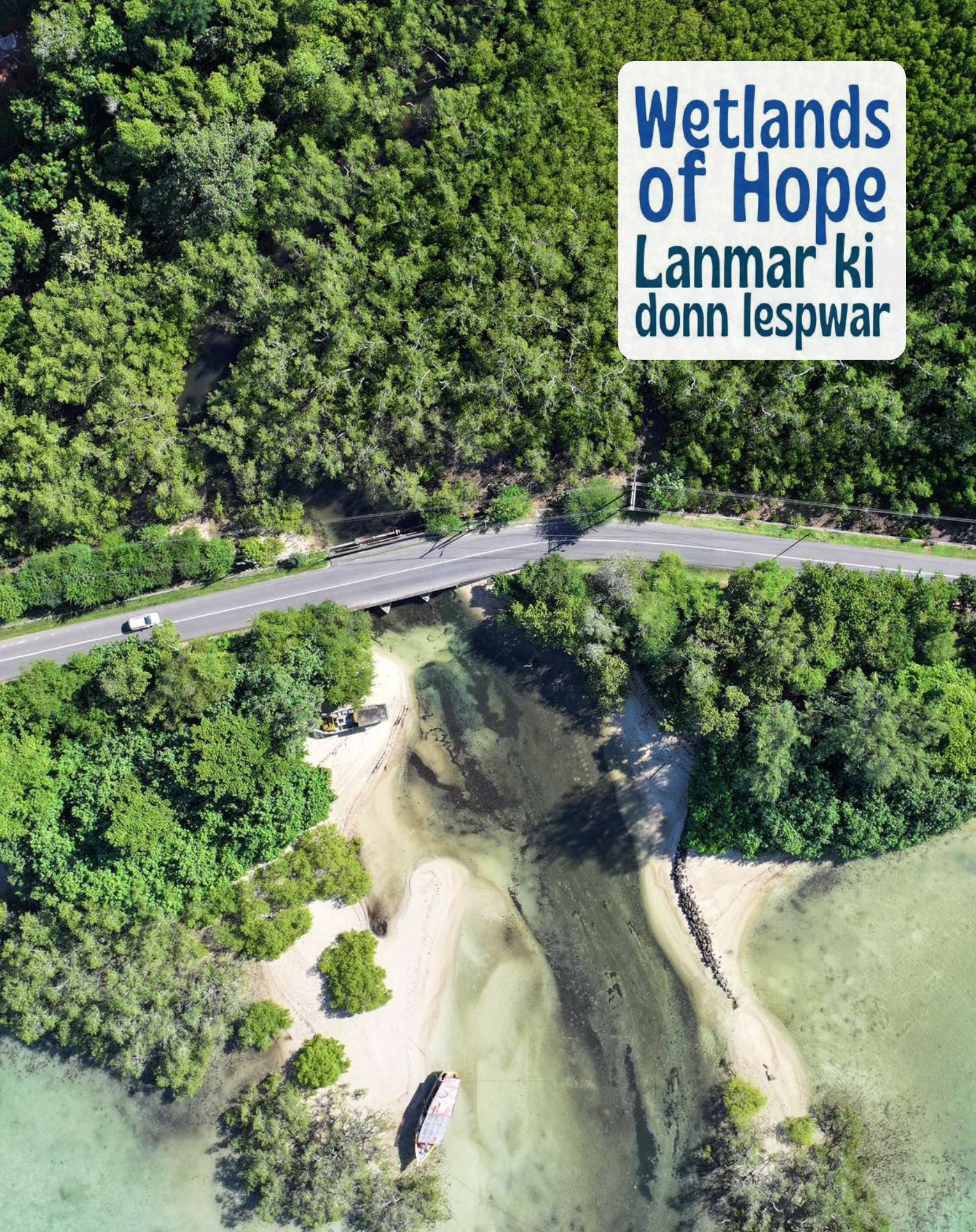
Did you know?

1

Unlike many medium sized waders, common greenshanks don't form large groups. Instead they are usually seen alone or in small groups of less than six.



Wetlands of Hope Lanmar ki donn lespwar



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