



The First-Timer's Route

7 days · Free · Code MD7-CLS

THE IDEA

Lagoons, markets and sunsets

Everything a first week on the island should hold

CURATED IN MAURITIUS · OCTOBER 2026



OVERVIEW

At a glance

Lagoons, markets and sunsets: everything a first week on the island should hold. Seven days covering the west, the centre and south, the capital, the north and the east, with room to swap in a full day on the water.

1	Flic en Flac Beach La Preneuse at sunset
2	Seven Coloured Earth GeoPark Waterfall, Chamarel Lunch, Le Morne, Maconde
3	Black River Gorges National Park Waterfalls, Grand Bassin, Bois Chéri tea
4	Rochester Falls Gris Gris, secret cave, Pomponette
5	Port Louis Central Market Chinatown, Citadelle, Caudan, Eureka House
6	Pamplemousses Botanical Garden Red Church, Mont Choisy, Grand Baie
7	Île aux Cerfs Trou d'Eau Douce, Belle Mare, Grand River South East

WANT THIS BUILT AROUND YOUR EXACT DATES?

Email hello@thedodocollective.com and a real person on the team will map it for you. Save 5% on your first GetYourGuide booking with code **MAURITIUSEDITS5** in the app (gyg.me/mauritiusedits-app), and 15% on a car with Hertz Mauritius, code **MORISD**.



DAY 1 · WEST

Flic en Flac Beach

The gentlest possible reintroduction after a long flight.

ARRIVAL DAY

CHILD FRIENDLY

SUNSET

15:00

BEACH

Flic en Flac Beach

2 HRS

Land, drop your bags, and come straight here. Miles of calm shallow lagoon and casuarina shade — the gentlest possible reintroduction to being awake after a long flight.

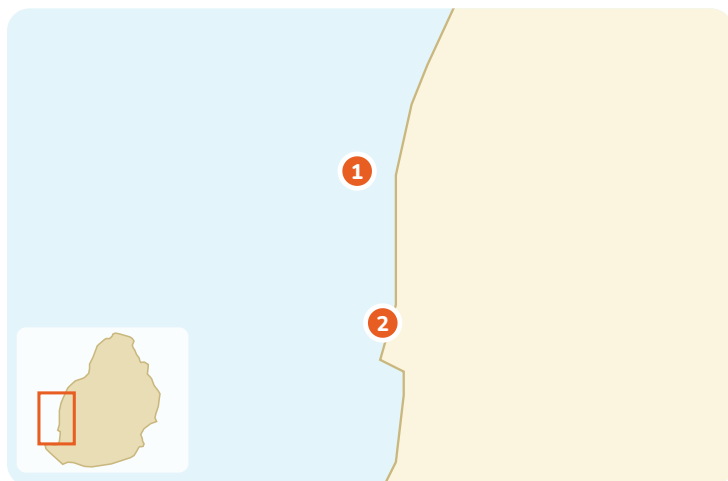
17:30

SUNSET

La Preneuse Beach

SUNSET

Ten minutes south and far quieter. The Martello tower sits at the end of the sand and the sun goes down behind Le Morne. Do nothing else today.



ON THE MAP

- 1 Flic en Flac Beach
- 2 La Preneuse Beach



DAY 2 · WEST INLAND

Seven Coloured Earth GeoPark

Colour, a view and the postcard beach.

FULL DAY

CHILD FRIENDLY

SUNSET

5% DISCOUNT CODE

09:30

EARTHS

Seven Coloured Earth GeoPark

1 HR

Go mid-morning rather than at opening — the colour separation in the dunes is far stronger once the light comes up, and the first coach wave has moved on. [Tickets →](#)

11:00

FALLS

Chamarel Waterfall

30 MIN

Same ticket as the earths. A single 272ft drop into a gorge, viewed from a platform. Five minutes' walk from the car park.

12:30

LUNCH

Lunch at Le Chamarel Restaurant

1.5 HRS

The view is the reason — the whole south-west coast laid out below you with the sea beyond. Book ahead at weekends.

15:00

BEACH

Le Morne Public Beach

2 HRS

The mountain behind, the lagoon in front. This is the postcard, and unlike most postcards it is a genuinely good swimming beach.

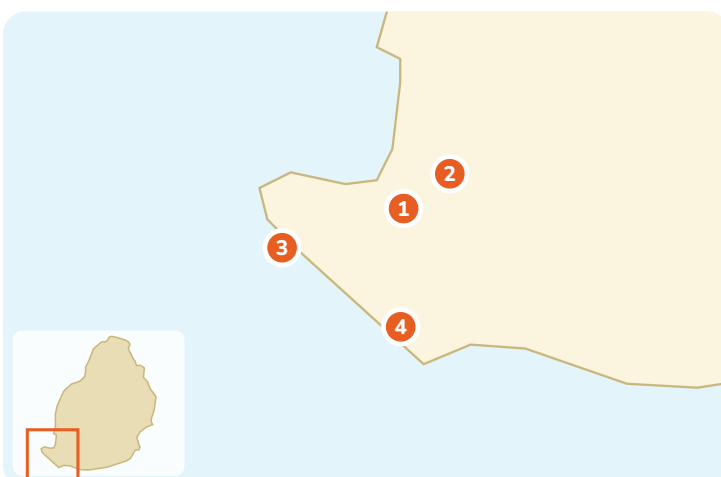
17:45

SUNSET

Maconde Viewpoint

45 MIN

A hairpin bend cut into a headland. Park, walk up the steps, and watch the light go. One of the most photographed spots on the island for good reason.



ON THE MAP

- 1 Seven Coloured Earth GeoPark and waterfall
- 2 Le Chamarel Restaurant
- 3 Le Morne Public Beach
- 4 Maconde Viewpoint



DAY 3 · INLAND

Black River Gorges National Park

Native forest, a sacred lake and a tea terrace.

FULL DAY

ACTIVE

CULTURE

OPTIONAL HIKE

08:30

HIKE

Black River Gorges National Park

3 HRS

More than 50km of trails through the last real fragment of native Mauritian forest. Start at Petrin. Even the short loops feel a world away from the coast.

12:00

FALLS

Black River Gorges Waterfalls

1 HR

The falls inside the park — worth the detour off the main viewpoint circuit while you are already up here.

14:00

LAKE

Grand Bassin (Ganga Talao)

1 HR

A sacred crater lake ringed by towering statues, and the most important Hindu site outside India. Dress respectfully — shoulders and knees covered.

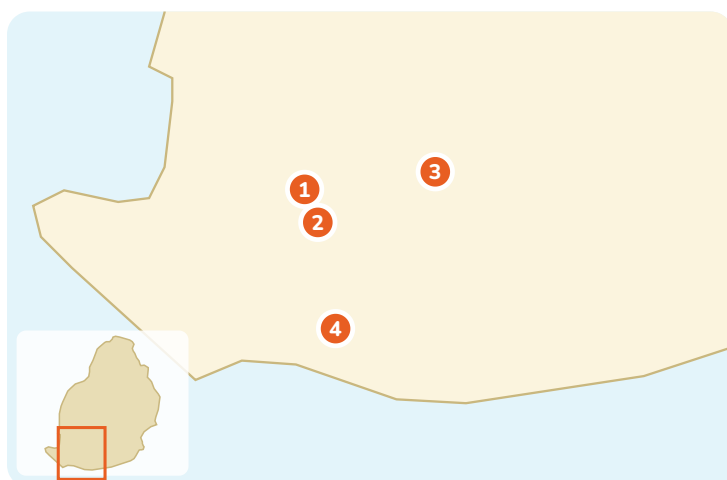
16:00

TEA

Bois Chéri Tea Factory

1.5 HRS

Working since 1892 and still the island's largest tea producer. The tasting terrace looks out over the plantation to the sea.



ON THE MAP

- 1 Black River Gorges National Park (Petrin)
- 2 Black River Gorges waterfalls
- 3 Grand Bassin (Ganga Talao)
- 4 Bois Chéri Tea Factory



DAY 4 · SOUTH

Rochester Falls and the wild south

Cliffs in the morning, a hidden beach as the reward.

FULL DAY

HIDDEN GEM

TAKE CARE AT THE EDGES

09:00

FALLS

Rochester Falls

1 HR

A wide basalt shelf the water pours over in columns. The track in is rough — go slow, and skip it entirely after heavy rain.

11:00

CLIFFS

Gris Gris

1 HR

No lagoon, no reef, no calm. The open Indian Ocean hitting cliffs directly. Do not swim here — just stand and watch it.

12:15

ROCK

La Roche Qui Pleure

30 MIN

The Weeping Rock, a five-minute walk along the clifftop from Gris Gris. From the right angle the rock face resembles a crying man.

13:00

CAVE

The Secret Cave at Gris Gris

30 MIN

Most people never find this. Take real care on the descent and never go near it when the swell is up.

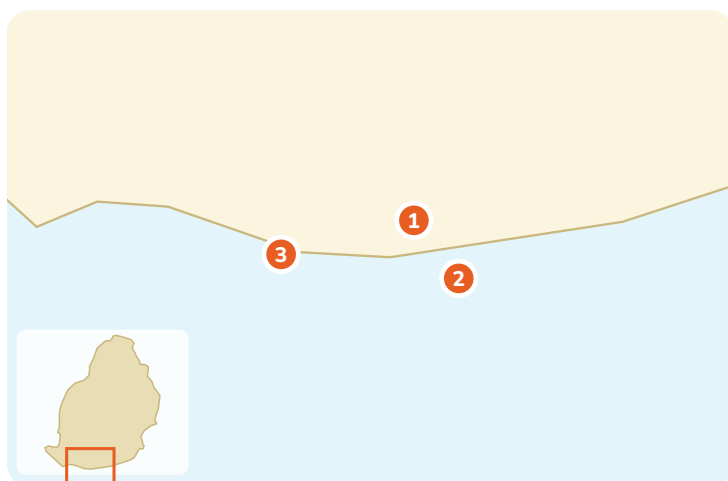
15:30

BEACH

Pomponette Beach

2 HRS

The reward after a morning of cliffs. A hidden southern beach with extraordinary water colour and almost nobody on it.



ON THE MAP

- 1 Rochester Falls
- 2 Gris Gris, La Roche Qui Pleure and the secret cave
- 3 Pomponette Beach



DAY 5 · CAPITAL

Port Louis Central Market

Go early and hungry.

FULL DAY

CULTURE

GUIDED WALK OPTIONAL

5% DISCOUNT CODE

09:00

MARKET

Port Louis Central Market

1.5 HRS

Go early and hungry. Fruit, spice, textiles and street food — order dhol puri from whichever stall has the longest local queue. [Optional guided tour →](#)

11:00

WALK

Chinatown

1 HR

Walk it rather than drive it. Faded shopfronts, street art, and some of the best cheap food in the capital.

13:00

FORT

Citadelle (Fort Adelaide)

45 MIN

A 19th-century fortress on the hill above the city. Drive up for the best single view over Port Louis and the harbour.

15:00

WATERFRONT

Le Caudan Waterfront

2 HRS

Restored dockside — shops, cafés and the famous coloured umbrellas overhead. A comfortable landing after a hot morning in the market.

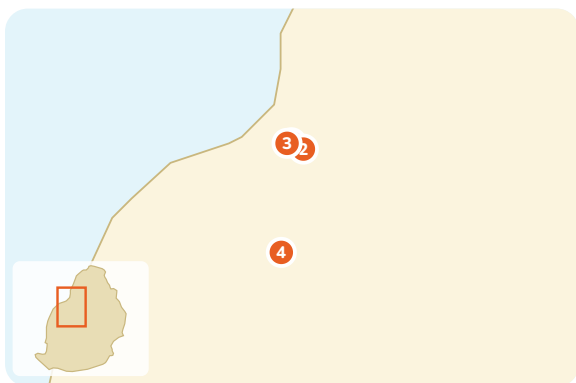
17:30

HOUSE

Eureka House

1.5 HRS

An 1830s Creole mansion of dark wood and shuttered verandas, set in gardens above a river. Quiet, and beautifully unrestored.



ON THE MAP

- 1 Central Market and Chinatown
- 2 Citadelle (Fort Adelaide)
- 3 Le Caudan Waterfront
- 4 Eureka House



DAY 6 · NORTH

Pamplemousses Botanical Garden

Gardens, a famous church and a Grand Baie sunset.

FULL DAY

CHILD FRIENDLY

SUNSET

CULTURE

5% DISCOUNT CODE

09:00

GARDEN

Pamplemousses Botanical Garden

2 HRS

One of the oldest botanical gardens in the southern hemisphere. The giant water lilies alone justify the visit. Hire a guide at the gate — it transforms the place. [Nearby: L'Aventure du Sucre →](#)

11:30

CHURCH

Cap Malheureux — the Red Church

45 MIN

Notre-Dame Auxiliatrice, red roof against blue water, with Coin de Mire out to sea behind it. The most photographed church in Mauritius.

13:00

BEACH

Mont Choisy Beach

2.5 HRS

A long curve of sand with proper shade and food vans at the roadside. The most relaxed of the northern beaches.

17:00

SUNSET

Grand Baie Public Beach

SUNSET

The pirogues moored offshore at sunset are the shot. Busier than the south — that is the point tonight.

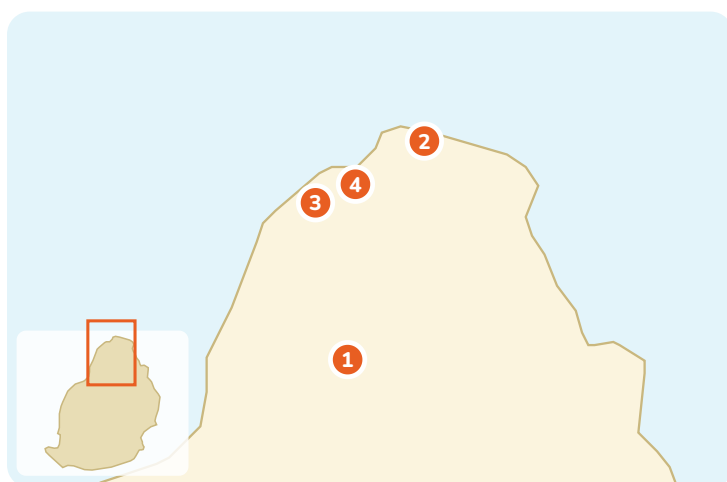
19:30

DINNER

Dinner at Luigi's

2 HRS

Grand Baie institution. Pizza and pasta done properly, and a welcome break from seven days of Creole cooking.



ON THE MAP

- 1 Pamplemousses Botanical Garden
- 2 Cap Malheureux, the Red Church
- 3 Mont Choisy Beach
- 4 Grand Baie Public Beach and Luigi's



DAY 7 · EAST

Île aux Cerfs

The famous one, and it earns it. Go on the first boat out.

FULL DAY

CHILD FRIENDLY

WATER SPORTS

BOOK AHEAD

5% DISCOUNT CODE

09:00

ISLAND

Île aux Cerfs

HALF DAY

The famous one, and it earns it. Go on the first boat out — by eleven it is a different place entirely.

[BOOK HERE](#) — USE CODE **MAURITIUSEDITS5** IN THE **GETYOURGUIDE** APP FOR AN EXTRA 5% OFF

[Île aux Cerfs catamaran](#) →

[5 islands speedboat](#) →

[Get the app for the discount](#) →

14:00

VILLAGE

Trou d'Eau Douce

1.5 HRS

The fishing village the boats leave from. Slow, low-key, and a good place to sit with a drink and watch nothing happen.

16:00

BEACH

Belle Mare

2 HRS

The east coast's long white beach. Windier than the west and all the better for it — bring something to sit on.

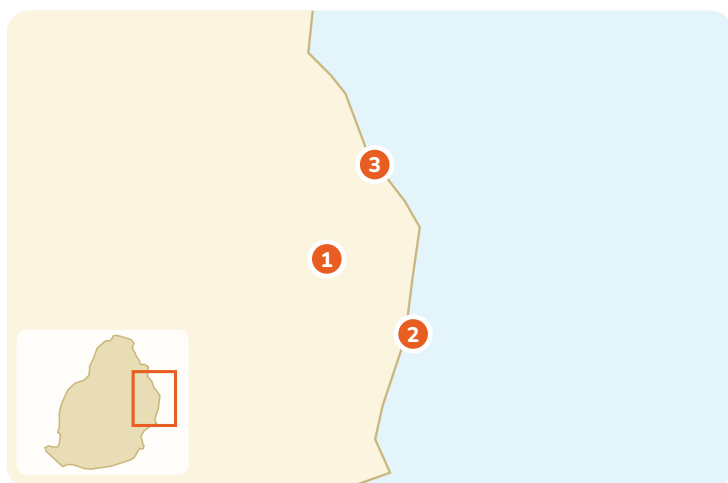
18:00

RIVER

Grand River South East

1 HR

A river mouth and waterfall on the way back south, with monkeys on the rocks. A good last stop before the airport road.



ON THE MAP

- 1 Trou d'Eau Douce (boats leave from here)
- 2 Île aux Cerfs
- 3 Belle Mare



ISLAND VIBES · OUR OWN BOATS

Signature days: swap one in

Swap any of these into the First-Timer's Route as one signature day. The east five-islands trip is a private version of Day 7. Private for your group, maximum 4 guests. Message the Moris Diaries team to reserve, and pay on the day.

6:00 – 13:30

FULL DAY

Signature Full Day Island Vibes, South West

OR 9:30 – 15:00

Swim with dolphins, snorkel with turtles and visit the famous Crystal Rock. BBQ on Île aux Bénitiers: chicken, lobster, fish, salads and desserts, with beverages onboard.

PRICE

Rs 21,500 for 2 guests · Rs 3,500 for each extra guest · max 4

6:00 – 9:30

MORNING

Signature Morning Excursion, South West

DOLPHINS, TURTLES, CRYSTAL ROCK

Swim with dolphins, snorkel with turtles and visit Crystal Rock. Snacks and drinks included.

PRICE

Rs 13,500 for 2 guests · Rs 2,000 for each extra guest · max 4

16:30 – 19:00

SUNSET

Signature Island Vibes Sunset Excursion

WINE ON BOARD

A lagoon tour at sunset, with snorkelling and wine served on board.

PRICE

Rs 12,000 for 2 guests · Rs 2,000 for each extra guest · max 4

Full day

EAST

Signature Island Vibes: Five Islands

RS 21,000 FOR 2 GUESTS

GRSE Waterfall and snorkelling, island stops at Île aux Phares and Îlot Aigrettes, then a BBQ lunch on Île aux Cerfs. Shared places are sometimes available at **Rs 5,000 per person**.



CHECKLIST

Everything to book

Chamarel and the Île aux Cerfs boat are worth booking ahead. Everything else you can turn up to.

1

DAY 2

Chamarel Geopark tickets

The earths and the waterfall share one ticket. Code **MAURITIUSEDITS5** in the GetYourGuide app for 5% off (first booking only).

[BOOK HERE](#)[Chamarel Geopark →](#)[Get the app for the discount →](#)

2

DAY 7

Boat to Île aux Cerfs

Shared boats online, or a private east trip with us at Rs 21,000 for 2 guests. Code **MAURITIUSEDITS5** in the GetYourGuide app for 5% off (first booking only).

[BOOK HERE](#)[Île aux Cerfs catamaran →](#)[5 islands speedboat →](#)[Get the app for the discount →](#)

3

DAY 5 · OPTIONAL

Port Louis culture tour

A guided day in the capital, if you would rather not go it alone.

[BOOK HERE](#)[Port Louis culture tour →](#)



CHECKLIST

Everything to book (continued)

4

DAY 6 · OPTIONAL

L'Aventure du Sucre

A museum in a former sugar factory, near Pamplemousses. Code **MAURITIUSEDITS5** in the GetYourGuide app for 5% off (first booking only).

[BOOK HERE](#)

[L'Aventure du Sucre →](#)



NO BOOKING

Walk in or just turn up

Walk in or just turn up

- **Le Chamarel Restaurant** — Day 2, book ahead at weekends
- **Luigi's** — Day 6
- Black River Gorges, Grand Bassin and the Bois Chéri tea terrace
- Rochester Falls, Gris Gris, Pomponette and the north and east beaches
- Port Louis Central Market, Chinatown, Citadelle, Le Caudan and Eureka House
- Pamplemousses Botanical Garden (hire a guide at the gate)

STUCK ON ANY OF IT?

Send us a message and we will book it for you. That is what we are here for.



Have the trip. We'll handle the rest.

Everything here is a suggestion, not a schedule — the best days on this island are usually the ones where you stop somewhere that wasn't on the list. Drop anything that isn't working. If you'd like something changed while you're here, we're a message away.

1

Download the app

Get Moris Diaries at www.morisdiaries.com

2

Ask us for your trip code

Message us and we'll send it over. Enter it in the app to open this itinerary on your phone — maps, stops and all.

MORIS DIARIES

The Dodo Collective Co Ltd

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Prepared October 2026 · Recommendations only.

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