

Adventure Activities

Freediving course with Andy Coetzee



This **PURE APNEA** freediving of its purest Adventure Freediver course will be taught by TV personality and lifelong conservationist Andy Coetzee, you will battle to find anyone with more enthusiasm and passion for the ocean and it's inhabitants than Andy. The 2 day course will be split over 4 days to allow for a more relaxed pace.

The course covers the basics of safe recreational freediving and will allow you and your buddy to freedive on reefs and interact with marine animals like dolphins, sharks and turtles. It covers aspects of breathing, relaxation, physiology, equipment, equalization, open water freediving techniques and recreational freediving safety procedures.

Freediving has soared in popularity recently and is an amazing way to explore the underwater world on a single breath of air and not have to worry about the hassle of scuba gear. It is a discipline that incorporates many aspects including yoga, meditation and breathing. All equipment (including wetsuits) will be provided but you are more than welcome to bring your own as well.

Please note : This activity requires a minimum of 4 guests and is subject to availability.



Acoustic tagging of Giant Trevally and Grey Reef Sharks with Dr Ryan Daly

We are super excited to be able to offer guests the chance to contribute and partake in the acoustic tagging research of the Apex predators in Ponto do Ouro Marine Park. Ryan has spent more than a decade studying Apex predators and their movements on the east coast of Africa and has discovered the largest known breeding aggregation of GT's, more recently one of his satellite tagged sharks broke the world record by travelling 6500km to the coast of Singapore. Understanding their movements and lifecycles is vital to providing effective management policies across countries borders.

This activity will be the deployment of 5 acoustic tags into Giant Trevally and Greyreef sharks which the guests will catch themselves (with our help of course). These acoustic tags last up to 7 years and fish register when they swim past one of the receivers that form part of a large network up and down the coast. Half of the cost of this activity is for the acoustic receivers, the other half will cover Ryan's travel costs and the boat hire (at a 50% discount) for 3 days. Optional extra is the deployment of a satellite tag on a hammerhead or tiger shark if we catch one. Ryan will also be on hand one of the evenings to give a short presentation about his work or chat with guests over dinner. Please note: this activity subject to availability.

