

A humpback whale is shown breaching the surface of the ocean. The whale's head and back are above water, with a large splash of white water around its blow. Its long, white pectoral fin is extended outwards. The whale's body is dark grey with characteristic white markings on its throat and chest. The water is a deep blue, and the sky is not visible.

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WHAT IS INVOLVED IN A DAY OF DIVING AT SENTIDOS?

- 8 am _ Meet in the dive centre
- 8.30 am _ Full dive briefing
- 9 am _ Launch to the dive spot
- 9.30 am _ Dive spot arrival
- 9.45 am _ First Dive
- **1.30 h Break for relax and snacks**
- 12.00 am _ Second Dive
- 13.30/14 pm _ Go Back to SEE Activity Center
- 14.15 pm _ Dive Debrief

We will meet in the dive centre around 8:00 am, where the dive kit will already be set up for the clients. It is always essential for the clients to check their equipment before it is loaded onto our 16m semi-rigid boat.

In the meanwhile, clients will receive a full dive briefing, including launch procedures, safety aspects, diving protocols, surface intervals and an explanation of dive sites and marine life we can encounter.

We will then take a short walk along the beach to the launch site. Once we arrive at the dive site, we will help the clients kit up, and when everyone is ready, we will do our pre-dive safety checks and then count back from 3 before doing a backward roll into the water. We do positive entry here, so everyone will meet at the back of the boat and give a big ok sign before descending into the magical Mozambican waters.

After the dive, when everyone is safely back on the boat, we will have our 1.5-hour surface interval on board. The staff will prepare the equipment for the second dive while the clients relax, enjoy our local snacks, and watch for the many different marine species we can see on the surface. Depending on the chosen sites, clients can also sometimes go for a swim, if they are fortunate, with whale sharks or manta rays.

We will approach our second dive site, and after much the same procedure, we will head back to the dive entrance, which can be anywhere between 12:30 and 14:00.

Once we are back, we can all join together for a dive debrief if the clients prefer while the staff takes care of the equipment.



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WHAT CAN WE SEE WHILE DIVING?

Mozambique has a fantastic array of marine life!

Where do we begin?!!

Manta rays, both reef and oceanic, **mobula rays**, **blotted fantail rays**, **blue spotted rays** and our famous **small eye sting ray**, which were once believed to be extinct, were re-discovered here and are frequently spotted.

Whale sharks are standard on the surface and, if lucky, can be spotted on scuba diving.

We have many notable shark species, including bowmouth **guitar sharks**, **leopard sharks**, grey reef and white tip.

Dolphins are also commonly spotted on the surface—bottlenose and sometimes even the rare humpback dolphins.

Humpback whale season is between June and October as these beautiful animals migrate north to rear the young before travelling back south to colder waters. We can spot pods of these fantastic giants or sometimes just a mother and her calf.

We also can't neglect the spectacular macro life on our reefs—large varieties of nudibranchs, frogfish, boxfish, shrimps, pipefish and many more.

Come and see for yourself, and you will not go away disappointed!



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DIVING PROTOCOLS

All our dives have a **dive leader** who takes a buoy line, which is a reference for the boat captain. They will always descend first.

Divers will then follow with another qualified divemaster, who will assist clients who have any problems should they occur.

We will have **‘Dive sweepers’** who will be keeping a vigilant eye on all clients and regularly asking you for your air consumption and no decompression time.

We never go past 2 minutes to Deco because our closest decompression chamber is in Durban, over 1000km away.
We take safety very seriously here at Sentidos.

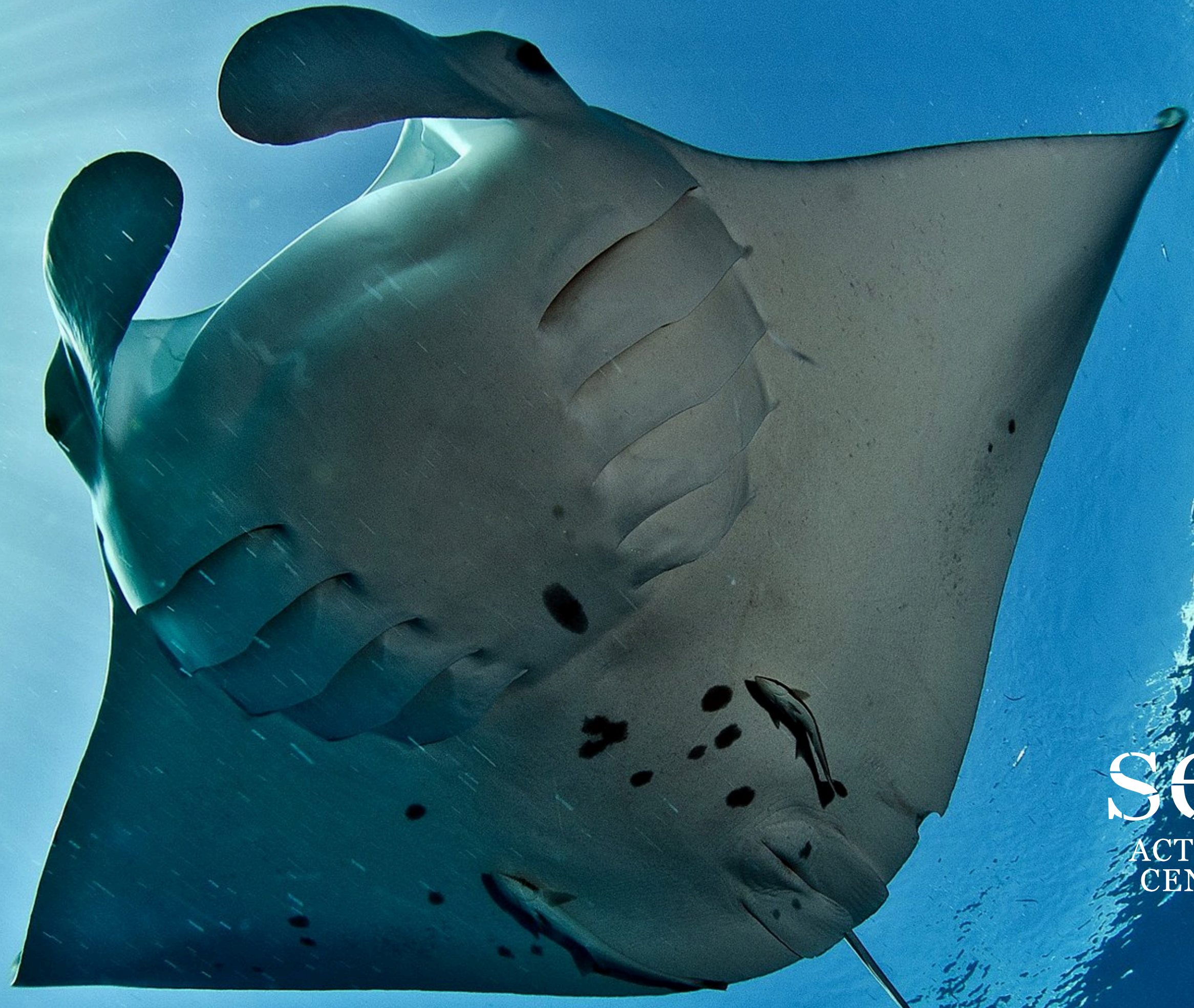
All our **boats carry oxygen**, and all our dive guides are up to date with the latest safety and **first aid standards**.

OTHER IMPORTANT INFORMATION

- We do surf launches here, which can be exciting but can also dictate whether or not we will dive that day.
- Our deep dive sites can take 15 – 50 minutes to reach.
- The further sites can only be reached depending on weather conditions, which will also dictate when we arrive back at the center.
- Reefs such as Reggie’s, Oasis, Colosseum, Amazon, Table top, Sherwood forest and Giants Castle are all around a 15 to 30-minute boat ride depending on conditions.
- For far reefs such as Kingfisher, Manta Reef, and Robs Bottom, we calculate between 40 – 50 minutes, which will incur a ‘far reef surcharge’ and is also weather-dependent.
- All deep dive sites have manta cleaning stations, allowing spotting these gentle giants among the other megafaunas mentioned above. It’s less likely to see these on our shallow dives.
- Our shallow dives like EN1, Buddies, Anchor, Croc rock, Salon and Fingers should always be considered in their beautiful macro life.



BEST DIVING SPOTS



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AMAZON

This is our furthest dive site and is one of the most spectacular, making the journey to Amazon Reef worth the boat ride. The reef structure forms a beautiful horseshoe shape with an inner sandy/rocky bottom at 28 meters, while our outer reef top is 22-24 meters deep.

The Amazon Reef is an exceptional spot to encounter a variety of marine life. Keep an eye out for Whitetip Reef Sharks, Leopard Sharks, and the occasional Hammerhead Shark. The sight of large schools of Barracuda circling above and huge table-sized Blotched Fantail Rays on the sandy bottom or under overhanging areas of the reef is truly breathtaking. Other types of Rays, including Devil Rays, Leopard Rays, Manta Rays, and occasionally Eagle Rays, are also frequently spotted here.

The size and variety of different schooling fish are mind-blowing and extremely impressive. However, Macro life is just as good with Garden Eels, colourful Nudibranchs, Cowrie Shells, and Ribbon Eels.

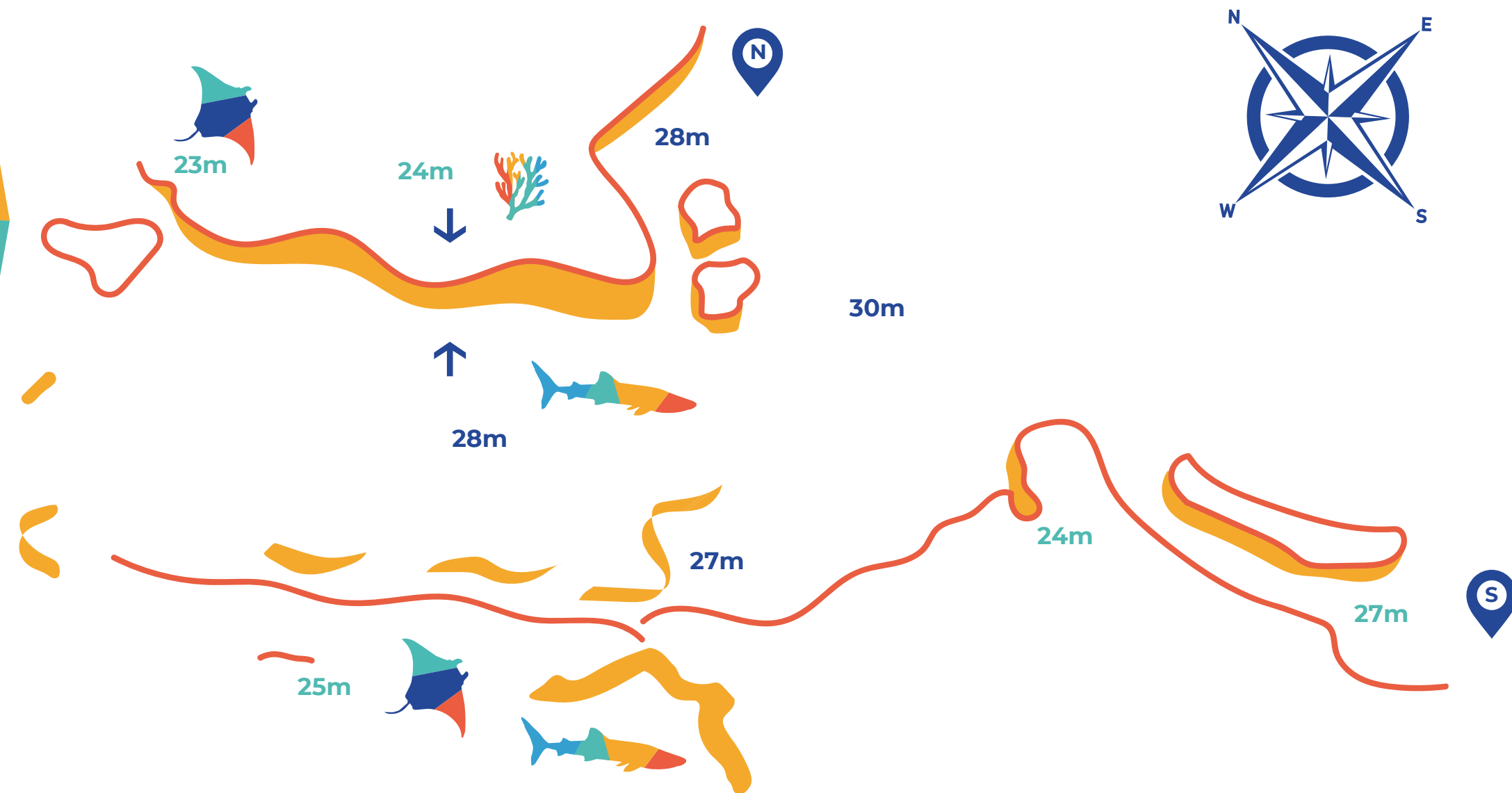
Minimum experience level: Advanced Open Water

Distance: approx. 25min

Depth: 23-32 metres

Bottom airtime: \pm 28min

Bottom time EANX 32% \pm 35min



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ARENA

Remarkably similar in topography to Crocodile Rock, Arena is more profound and has higher walls. The potholes on this reef have deeper overhangs, and you can even find Green Tree Corals in certain areas on top of the wall.

Hard and soft corals cover the reef top, thus making it beautiful and colourful. The sandy bottom has a depth of 14-18 meters, while the top of the reef ranges from 12-14 metres.

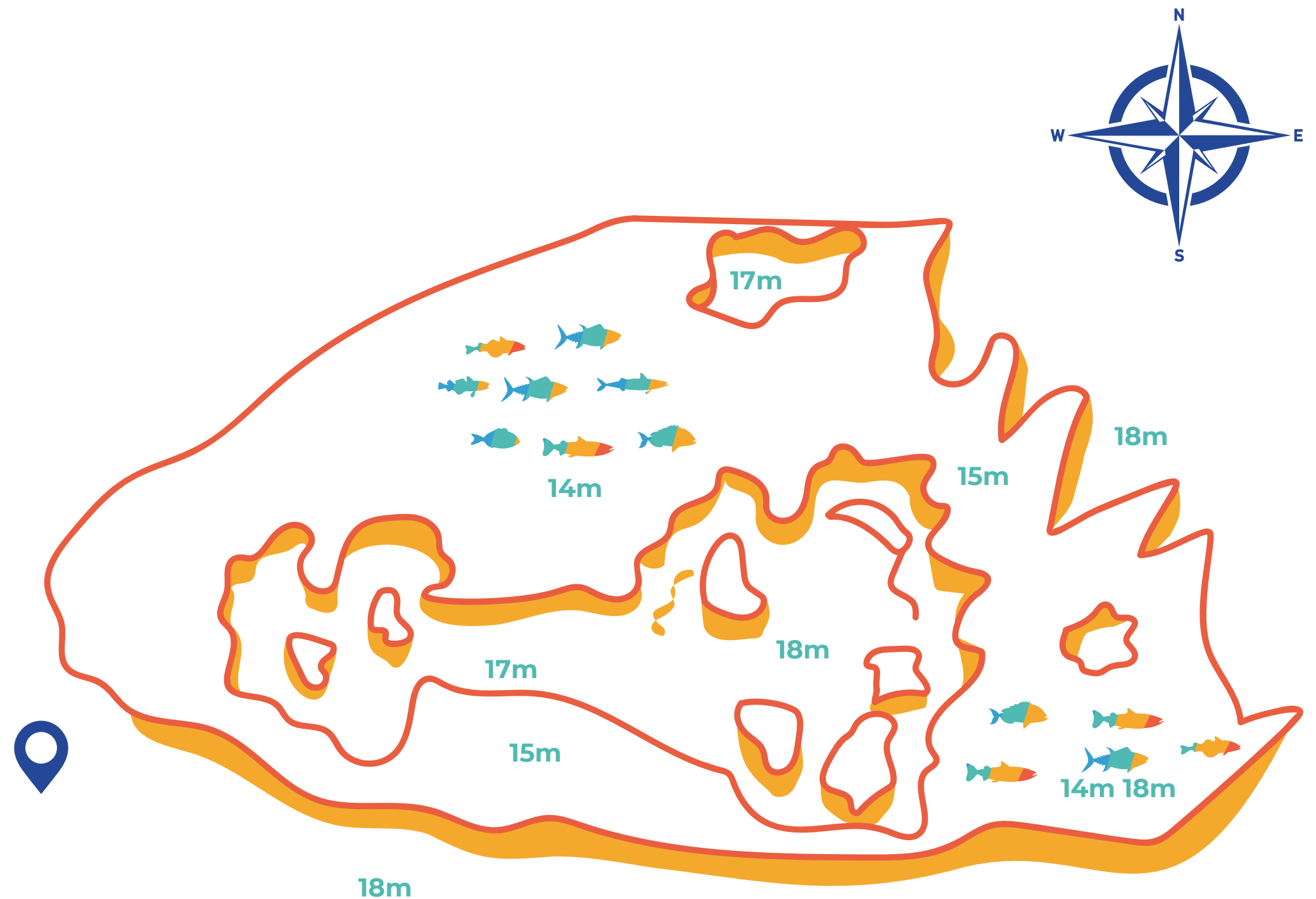
Along the sandy bottom, you can expect to encounter unique marine life such as the elusive Crocodile Fish, the majestic Spotted Guitar Sharks, and the swift Torpedo Rays. The smaller caves are home to the impressive large Spiny Ornate Lobsters, often seen 'hanging out' with a variety of Moray Eels. And if you're lucky, you might stumble across the rare Sea Apple, a sight exclusive to this shallow dive site.

Minimum experience level: Open Water

Distance: approx. 35min

Depth: 14-18 metres

Bottom airtime: ± 45min



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CHAMBER OF SECRETS

Situated near Whale Shark Alley and Praia da Rocha reef, Chamber of Secrets is a nifty shallow site, just a 35-minute boat ride away. As it is close to Whale Shark Alley, the journey to and from the site is perfect for spotting whale sharks and swimming with the largest fish in the sea!

Naturally formed in the shape of a giant horseshoe, the topography of Chamber of Secrets is beautiful, with impressive walls rising 6-8 metres above the sandy bottom and the depth of the main reef varying from 12-15 metres. It is the nature of this unique topography that provides nooks, crannies, corridors, and crevices galore to explore or find shy macro and micro life.

It is named after its hidey-hole décor. Chamber of Secrets provides shelter for Spotted Guitar Sharks, Torpedo Rays, Spiny Painted Lobsters, Moray Eels, Banded Cleaner Shrimp, Porcupine Fish, Nudibranchs and, of course, tons of reef fish.

Minimum experience level: Open Water

Distance: approx. 35min

Depth: 15- 18 metres

Bottom airtime: ± 45min



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COLISEUM

It is one of the most colourful and stunning reefs here in Barra. Dropping down onto the sandy bottom, you will find the beginning of the reef to have a step-like steady rise. The average depth in this sandy area is about 28 metres, while the top of the reef is 25-26 metres. Soft corals of all colours cover the rocky reef, while a few Green Tree Corals can also be found.

The reef is teeming with an astonishing variety of fish. Schools of Pencilled Surgeon Fish, Humpback Snappers, and Longfin Banner Fish are a common sight. The inquisitive big Potato Groupers are always ready to make your dive more exciting.

On top of the reef, we have a fantastic swim-through where Leopard Rays, Leopard Sharks and Eagle Rays enjoy hanging out.

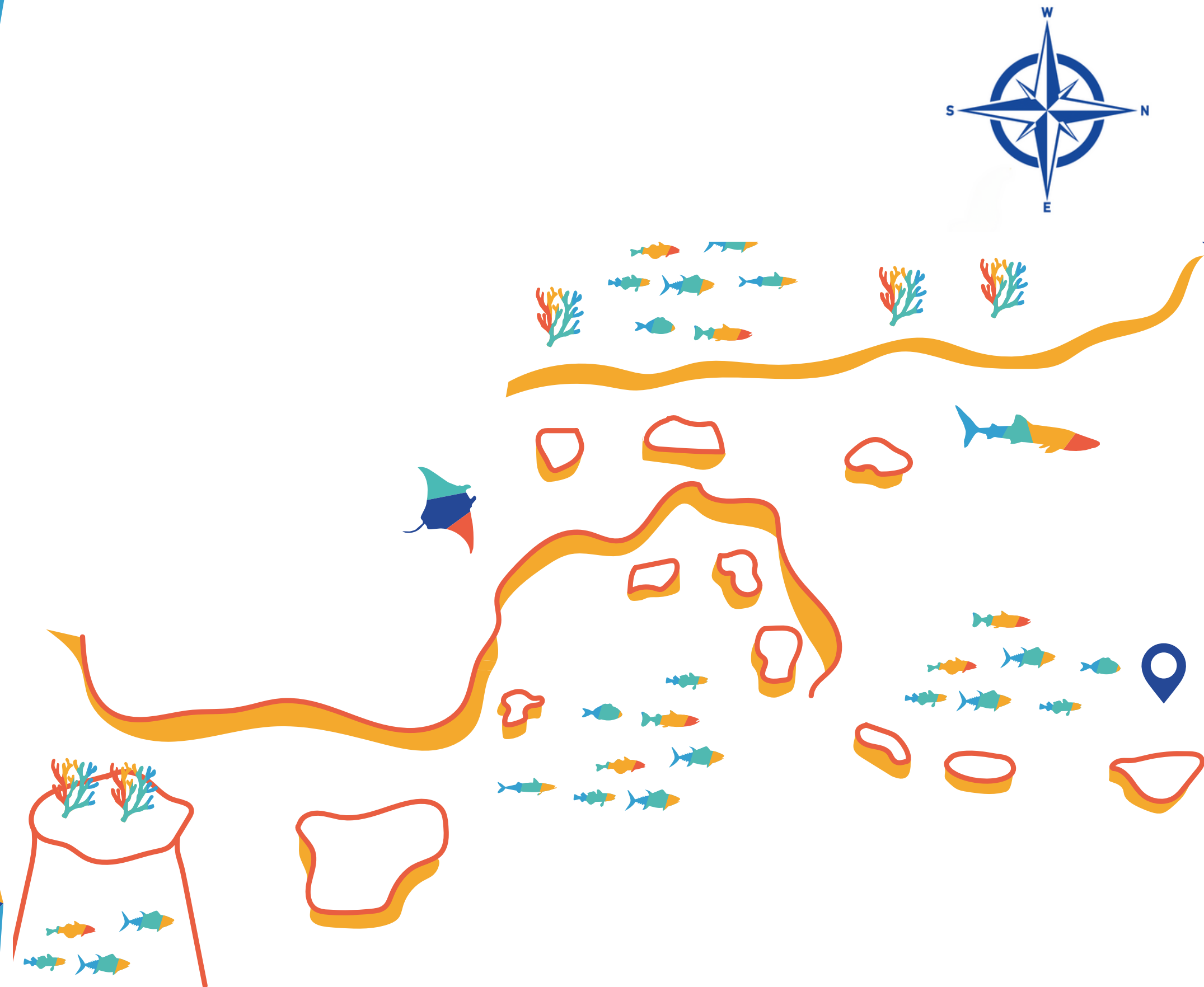
Minimum experience level: Advanced Open Water

Distance: approx. 25min

Depth: 23-29 metres

Bottom airtime: $\pm 28\text{min}$

Bottom time EANX 32% $\pm 38\text{min}$



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CROCODILE ROCK

Crocodile Rock, better known as 'Croc-Rock,' is named after the large and abundant Crocodile Fish found all over the bottom of the reef. Three large potholes make up the diving area for this reef, and a couple of smaller ones are scattered around.

In all these holes, you will find small caves, overhangs, and ledges that provide shelter for many marine animals. The depth on top of the reef averages about 11-13 metres, while at the bottom of the potholes, you can reach a depth of 14-16 metres.

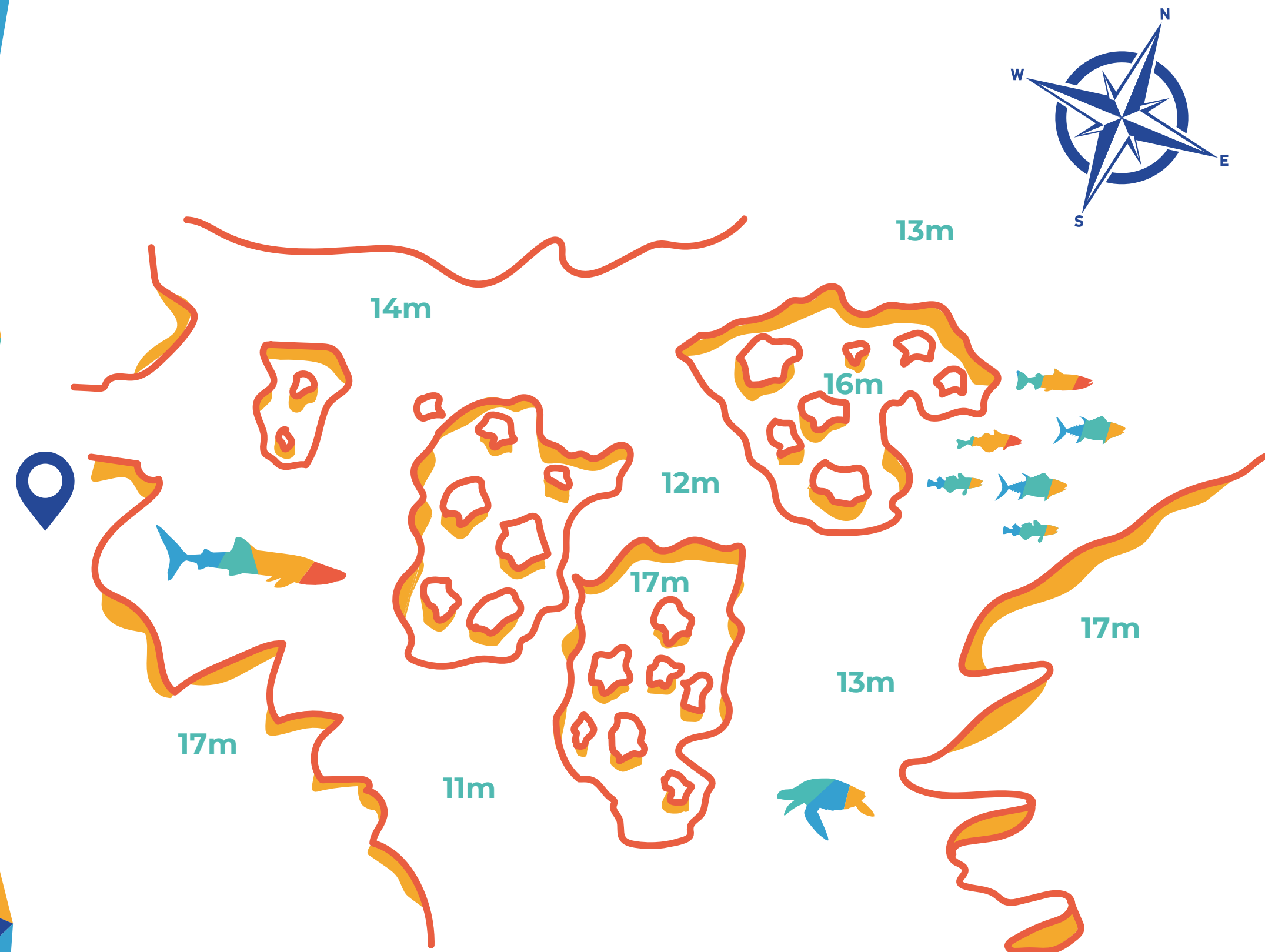
Many giant lobsters are hidden among the overhangs, little caves, and ledges, and where you find Lobsters, you will find the Marbled Octopus. We have one large resident, Green Turtle, and occasionally receive a visit from a friendly Hawksbill Turtle. It is expected to encounter Kuhl Stingrays, Torpedo Rays, and Spotted Guitar Sharks along the sandy bottom. Leaf Fish can be found camouflaged amongst the rocky sections of the reef, and even rare Harlequin Shrimp can hide in their little holes.

Minimum experience level: Open Water

Distance: approx. 20min

Depth: 12-17 metres

Bottom airtime: ± 45min



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GALLERIA

This reef consists of a beautiful long wall that runs parallel to the current, thus becoming an amazing drift dive. At the bottom of the reef, you will find a sandy/rocky landscape ranging from a depth of 28-34m, while on top of the wall, we have a depth of 25-28m. Along the top of the reef, you can encounter a couple of different cleaning stations, which is where you are most likely to find Reef or Giant Reef Manta Rays being cleaned.

Smalleye Stingrays are often seen down here, Blotched Fantail Rays, the smaller Kuhls Rays, and a resident Loggerhead Turtle who always enjoys relaxing in one of the caves at the bottom.

Down in the southern area of the reef, we can find many stunning Green Tree Corals with a variety of different Moray Eels hiding around them. Throughout the reef, there are many large Lobsters that can be found under overhangs or in holes, as well as a few special Sea Moths on the sandy bottom.

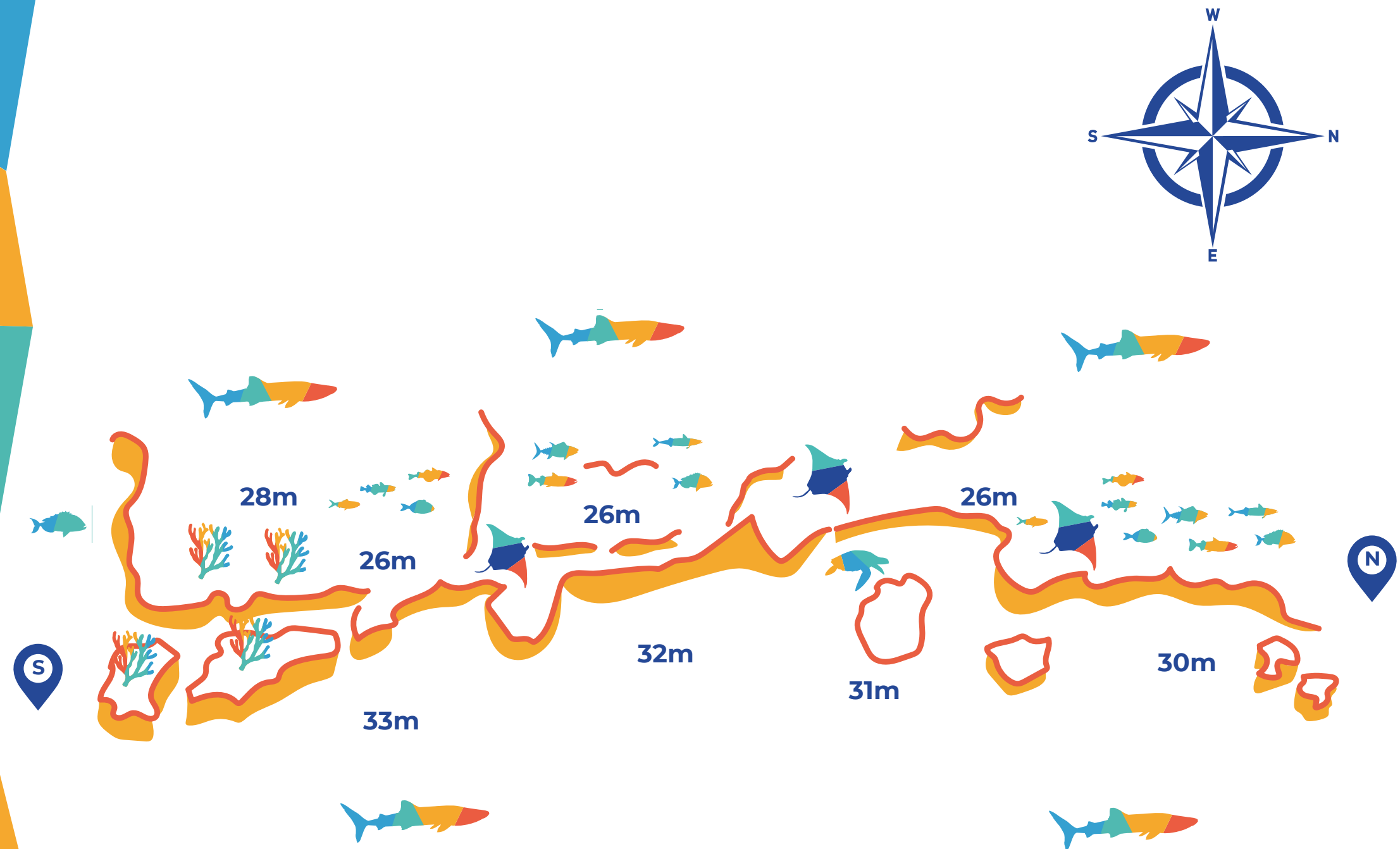
Minimum experience level: Advanced Open Water

Distance: approx. 20min

Depth: 26-34 metres

Bottom airtime: \pm 20min

Bottom time EANX 32% \pm 30min



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KHABINI

Khabini is yet another one of our dive reefs with a beautiful horseshoe look. This, however, is one of the deeper dive sites. The top of the reef has large Green Tree Corals scattered about, and there is an opening off to the side, which is, in fact, an impressive swim-through.

The depth on top of the reef ranges from 25-27 metres, and the sandy bottom is 28-32 metres. Amongst the Green Tree Corals, you can expect to find vast amounts of Anthias (Goldies), which also add up to making up the cleaning stations.

In these areas, we keep a lookout for the magnificent Giant and Reef Manta Rays and the special Smalleye Stingray. You can find Kuhl Stingray, giant Blotched Fantail Rays, Kuhl rays and a large Loggerhead Turtle hiding out along the sandy bottom. Among the more petite guys, do not be surprised to encounter the Samoan Pipefish and Sea Apples amid the rocky bottom.

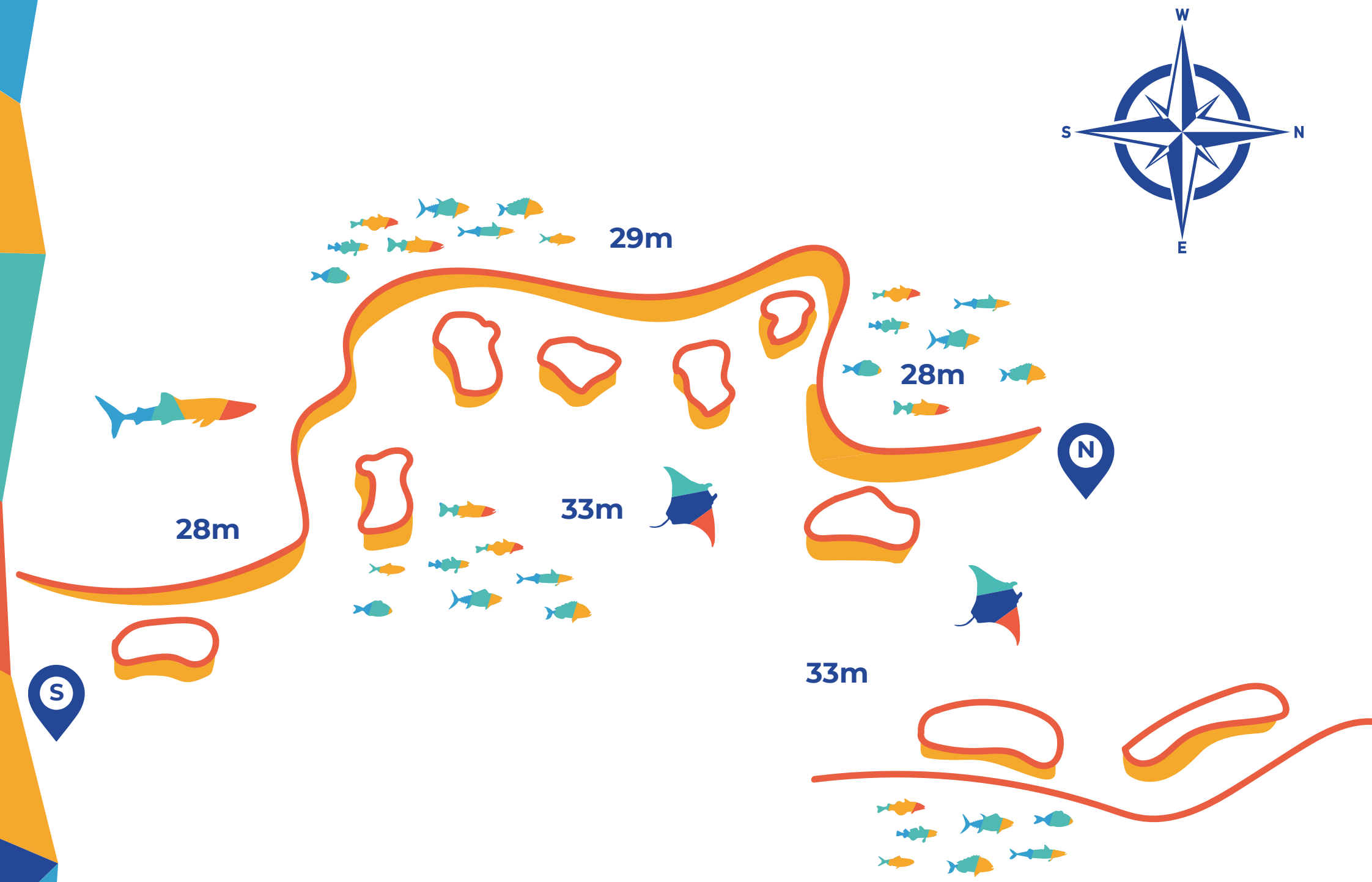
Minimum experience level: Advanced Open Water

Distance: approx. 20min

Depth: 28-35 meters

Bottom airtime: ± 17 min

Bottom time EANX 32% ± 27 min



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MANTA REEF

With five cleaning stations here, this is a reef to find macro life such as Reef and Giant Manta Rays, our two resident turtles, one Loggerhead and one Green Turtle, which you can find along the pinnacles and overhangs, Blotched Fantail Rays, Torpedo Rays and on occasion large groups of Cow-Nose Rays passing over are often seen. Potato Groupers are pretty standard and eager to inspect all divers as they tend to pass close, allowing you to get a closer look at them.

The reef structure starts shallow, around 18-20 metres on the top and 22-24 metres on the bottom. However, when crossing over to the South side, we can reach a depth of 26-28 metres on the bottom.

Macro life is abundant on this reef. It is the best site to find the Leaf Fish, sometimes Stone Fish camouflaged along the reef, Juvenile Ribbon Eels, Banded Pipefish and what is known as a Dragon Moray Eel (this being the only reef where we can find them in Barra & Tofo). Colourful Nudibranchs and Tiger Cowries are also found scattered around the reef.

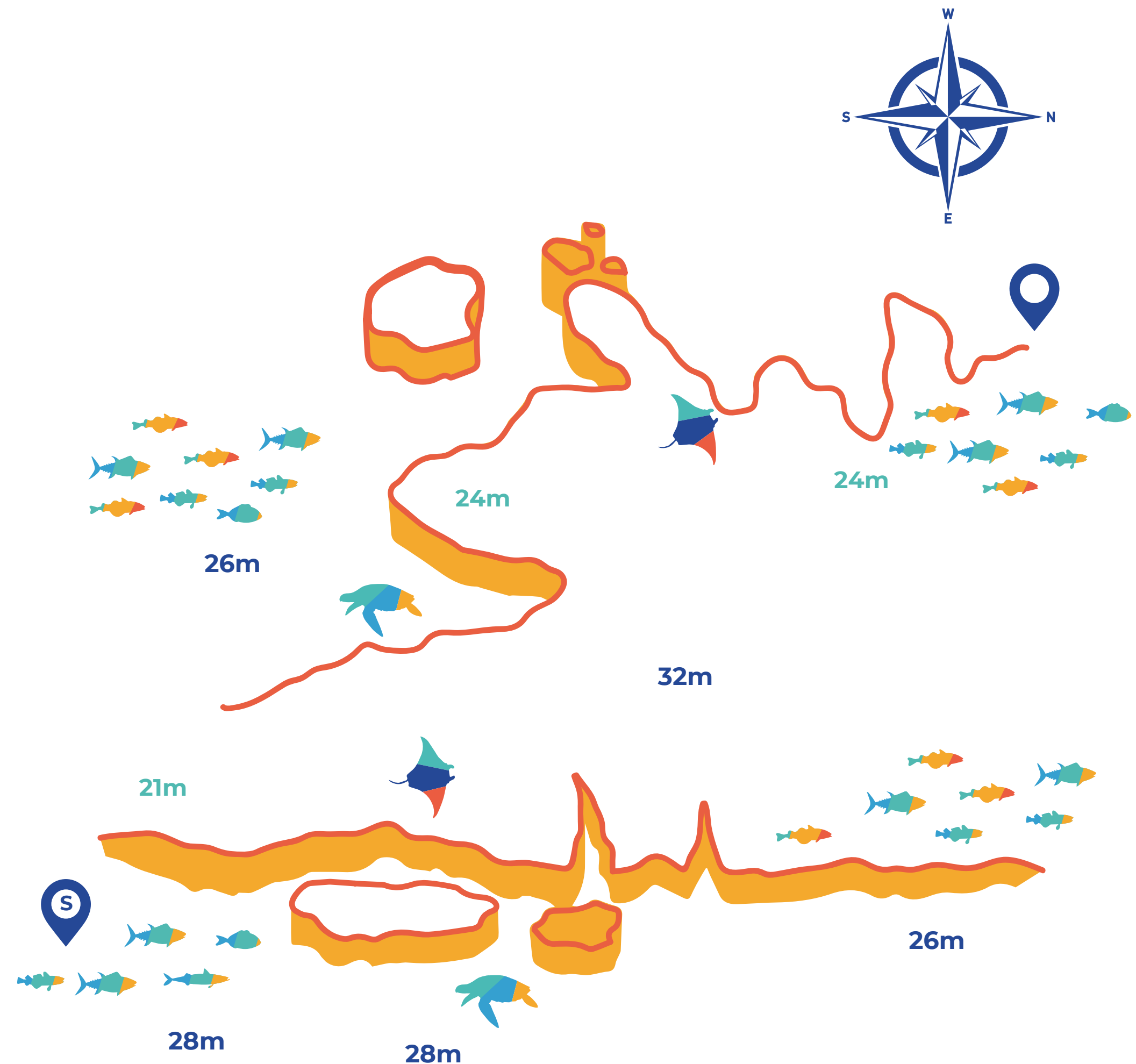
Minimum experience level: Advanced Open Water

Distance: approx. 50min

Depth: 19-26 metres

Bottom airtime: $\pm 32\text{min}$

Bottom time EANX 32% $\pm 50\text{min}$



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MARBLE ARCH

Dropping down onto Marble Arch, you will find yourself in a massive pothole with huge walls surrounding you. There are two arches on this dive site, one more of a small swim-through while the other is quite large.

The larger of the arches also split into two, giving you a choice in the direction you want to head. The sandy bottom in the centre has a depth of 14-17 metres, on top of the reef, we have a depth of 11-13 metres. There are many overhanging ledges and a few small caves you can explore along the wall.

This area is where you can encounter lobsters, Durban Dancer Shrimps, Banded Boxer Shrimps, and the occasional Green Turtle. Spanish Dancers and the rare Stone Fish can also be discovered on the outskirts of the reef from time to time, as well as many distinct types of beautiful Nudibranchs.

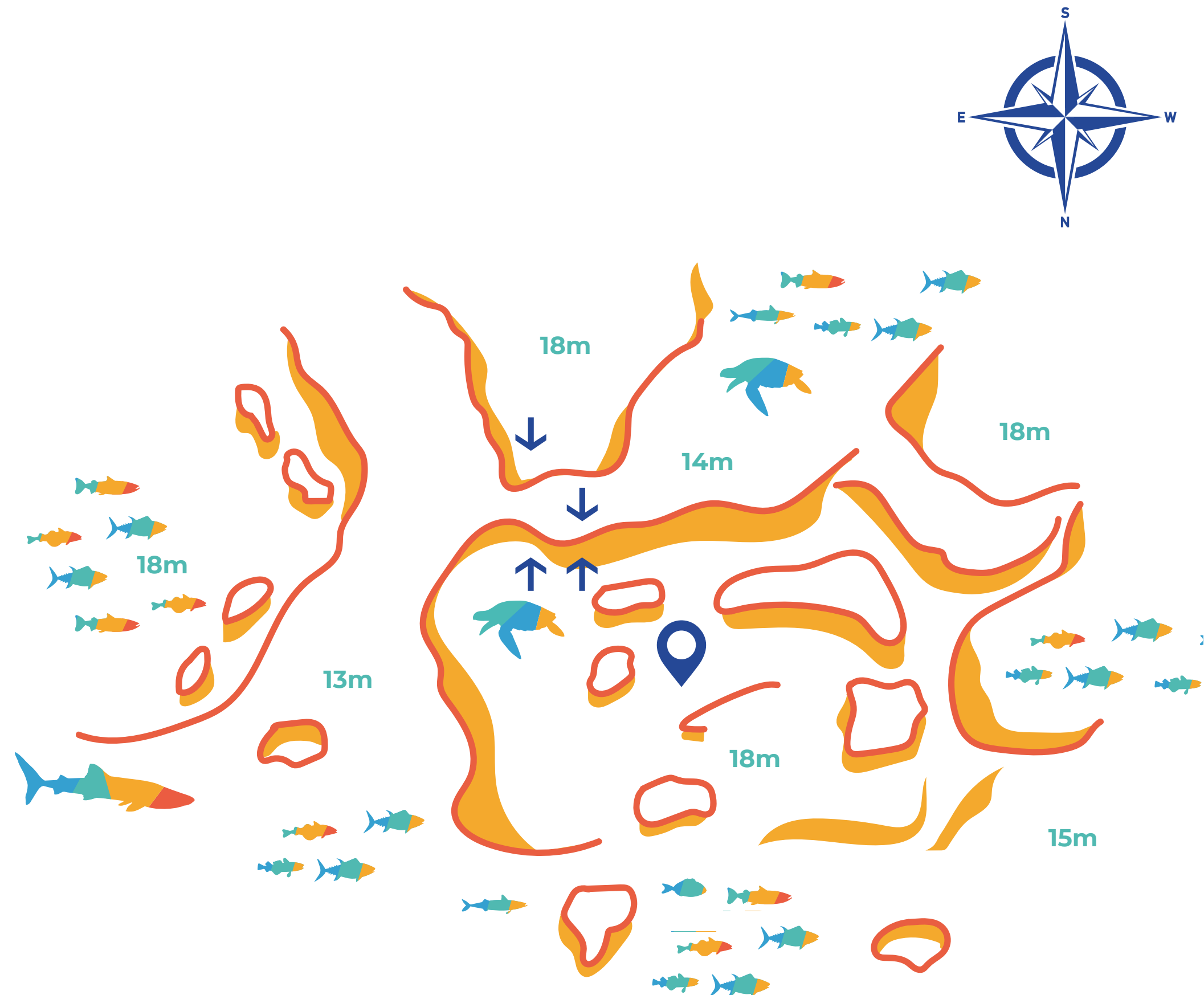
This is also another one of those reefs that you will find in the 'Whale Shark Alley,' so keep checking above you during the dive for the majestic whale shark.

Minimum experience level: Open Water

Distance: approx. 30min

Depth: 13-18 metres

Bottom airtime: ± 45min



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OASIS OFFICE

Another one of the more stunning dive sites we have here in Barra consists of scattered pinnacles and gullies that form impressive swim-through areas. There are many colourful soft corals throughout the reef covering the top and bottom as well as many beautiful hard corals. This reef is one of the shallower deep dives, with a bottom depth of about 24 metres and on top of the reef at about 20 metres.

We often encounter Whitetip Reef Sharks, Grey Reef Sharks, and even the odd Leopard Shark. A resident Green Turtle can be found under one of the overhangs, and Blotched Fantail Rays and Jenkins Whiptail Rays can be seen scattered around the bottom.

A few more resident fish were found hiding on the sandy bottom, including a few leaf fish and two camouflaged weedy scorpionfish. Large Potato Groupers are inquisitive and tend to swim up nice and close to get a better view of the divers. As for the macro, Juvenile Ribbon Eels, Sea Apples and colourful Nudibranchs can be found here.

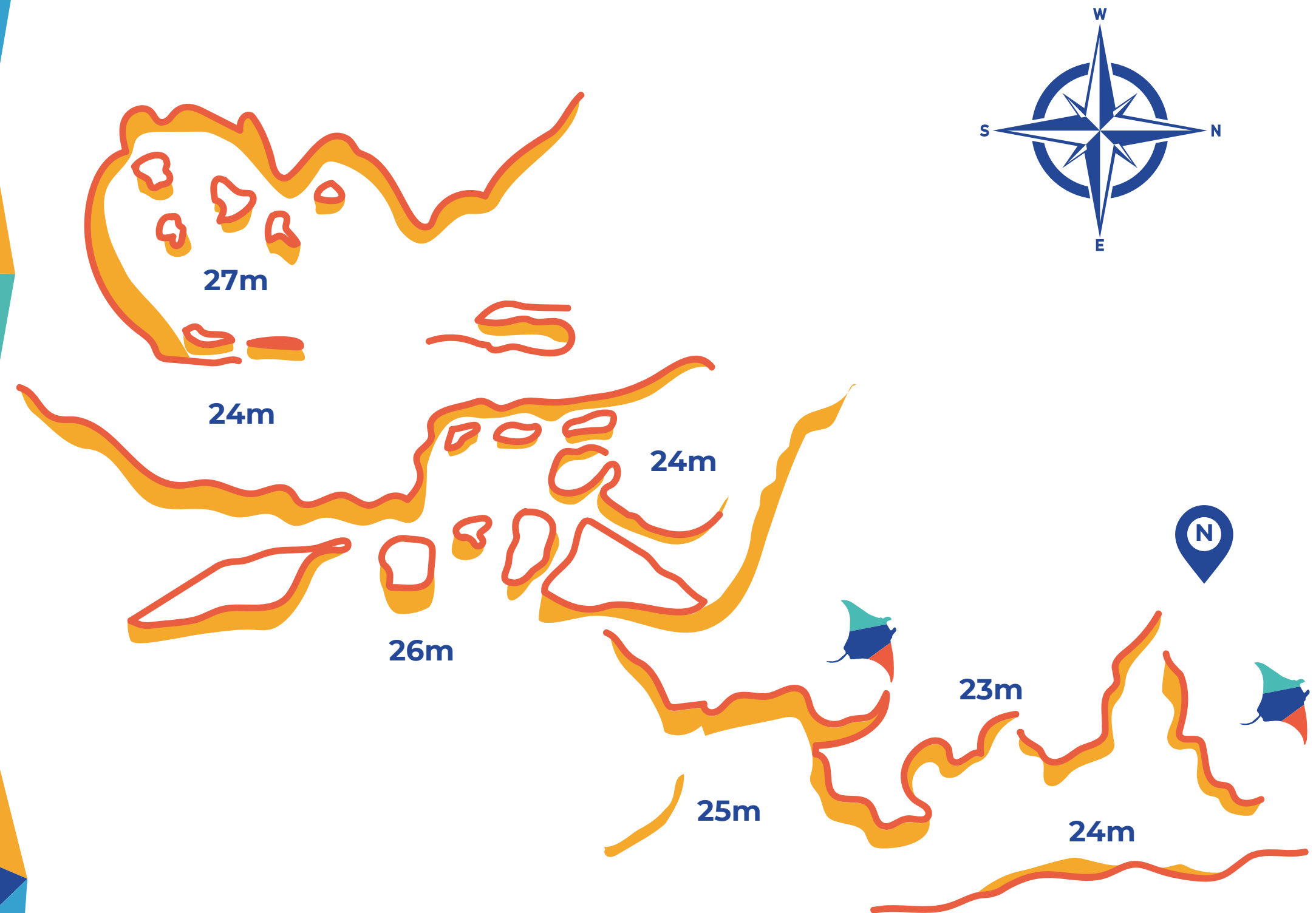
Minimum experience level: Advanced Open Water

Distance: approx. 20min

Depth: 23-26 metres

Bottom airtime: \pm 31min

Bottom time EANX 32% \pm 43min



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REGGIES

Dropping down onto this reef is mind-blowing as Green Tree Corals are everywhere, covering the pinnacles and top of the dive site.

Starting at the drop point, the maximum depth in this area is around 28-30 metres on the bottom, with the top of the reef ranging anywhere from 23-26 metres. Along the reef, you will find an abundance of soft corals, all different and brightly coloured, as well as some amazing hard corals.

Whitetip Reef Sharks, Grey Reef Sharks and Leopard Sharks are often sighted throughout this dive. We also have two resident turtles here: a Hawksbill Turtle and a giant Loggerhead Turtle.

Two massive cleaning stations along the wall allow us to watch the peaceful Manta Rays while Jenkins Whiptail Rays can be scattered along the sandy bottom. We often find a few Longnose Hawkfish on the drop area and a few Leaf Fish along the way and frequently encounter large schools of Longfin Bannerfish.

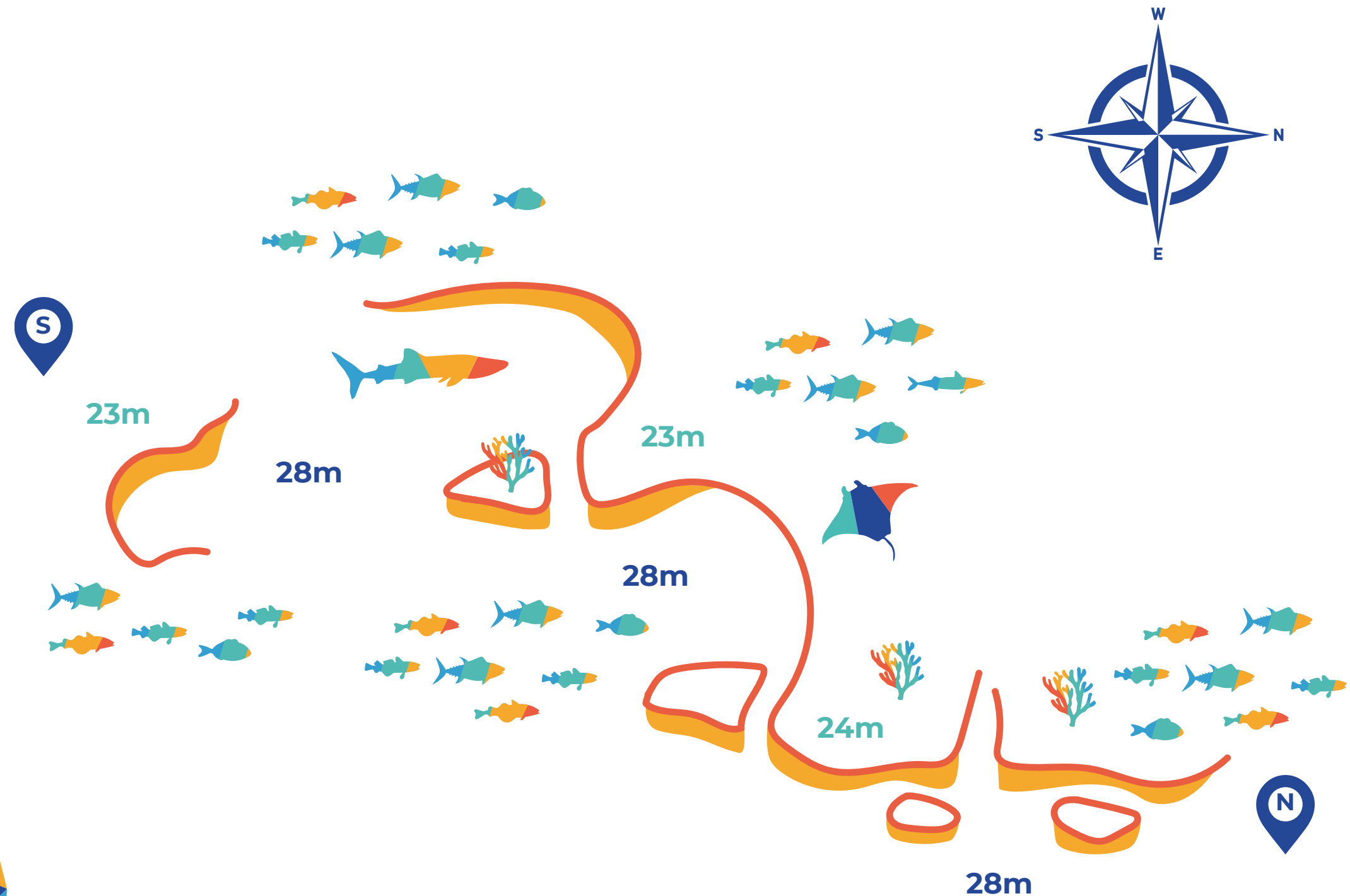
Minimum experience level: Advanced Open Water

Distance: approx. 20min

Depth: 24-30 metres

Bottom airtime: \pm 28min

Bottom time EANX 32% \pm 38min



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ROB'S BOTTOM

This is one of the few dive sites where we spend most of the dive along the top surface of the reef. On top of the reef, we have scattered smaller pockets and one impressive arch leading into a giant crater. Dropping off the wall and onto the reef will bring you to a depth of around 30-34 metres, while staying at the top will allow a depth ranging from 24-27 metres. This is a magnificent reef when looking for lobsters and a large variety of different moray eels, including massive honeycomb, geometric, white mouth, yellowmouth, and even the rarer golden morays. With the Moray Eels and Lobsters, you encounter many of the smaller Cleaner Shrimps hiding amongst them. A couple of cleaning stations throughout the reef allow close Manta and Guitar Shark sightings. Giant Frog Fish, some Leaf Fish and the rare Seagrass Ghost Pipefish can also be seen along the rocky bottom. Circling Barracuda and Bigeye Trevally schools are often found above the reef.

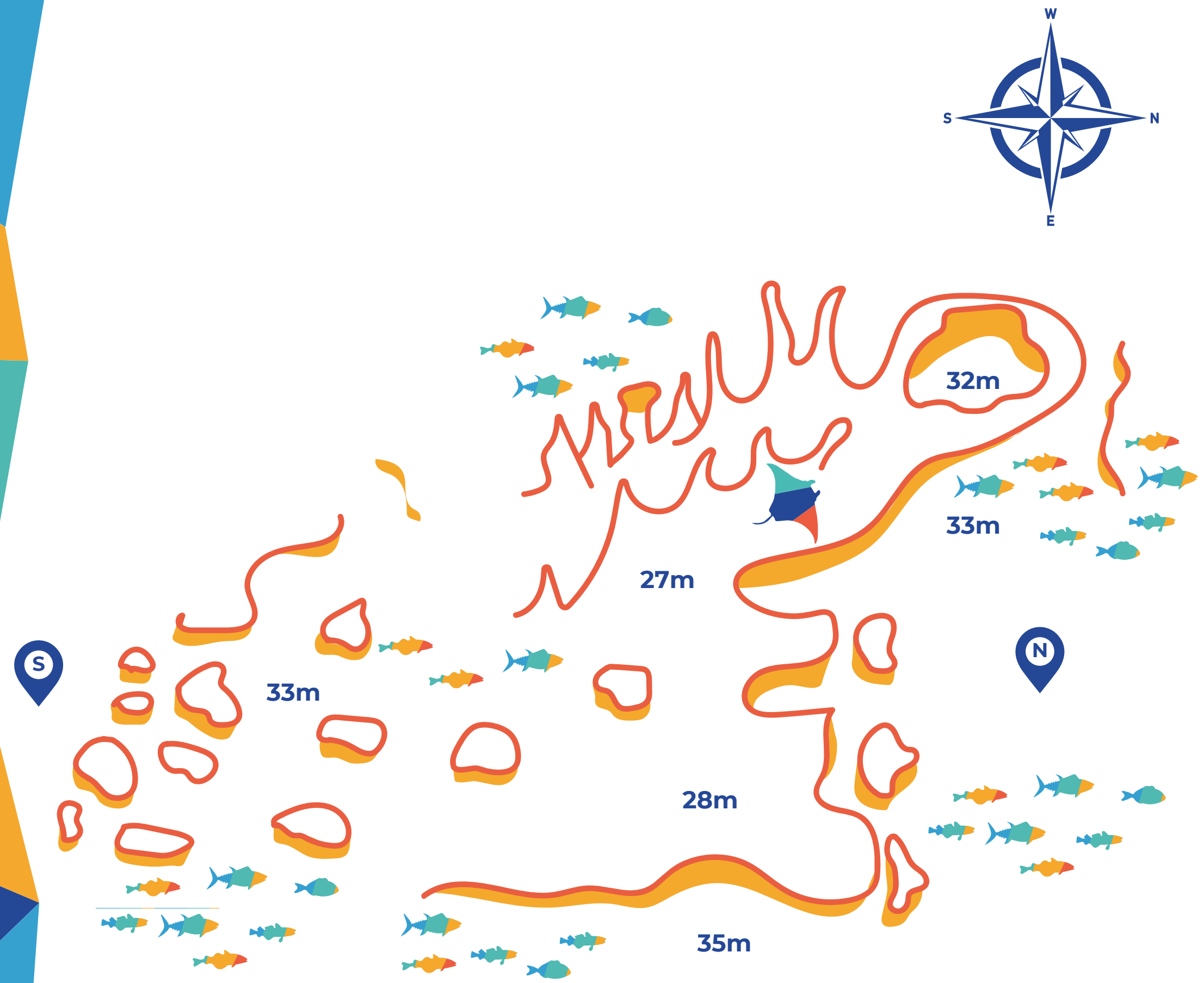
Minimum experience level: Advanced Open Water

Distance: approx. 45min

Depth: 27-35 metres

Bottom airtime: ± 22 min

Bottom time EANX 32% ± 30 min



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SALON

The salon takes its name from that of a 'Beauty Salon,' in the sense that many varieties of shrimp are located on the dive site, and if you patiently place your hand out in front of you, they will clean your nails. As you can imagine, Salon's topography is like a mountain range around 70 metres long, with the surrounding valley at 15 metres and the range rising steeply to 10 metres. There are a few resident Turtles found here, two Green Turtles and one Hawksbill Turtle, which you often come across resting amongst the rocky bottom.

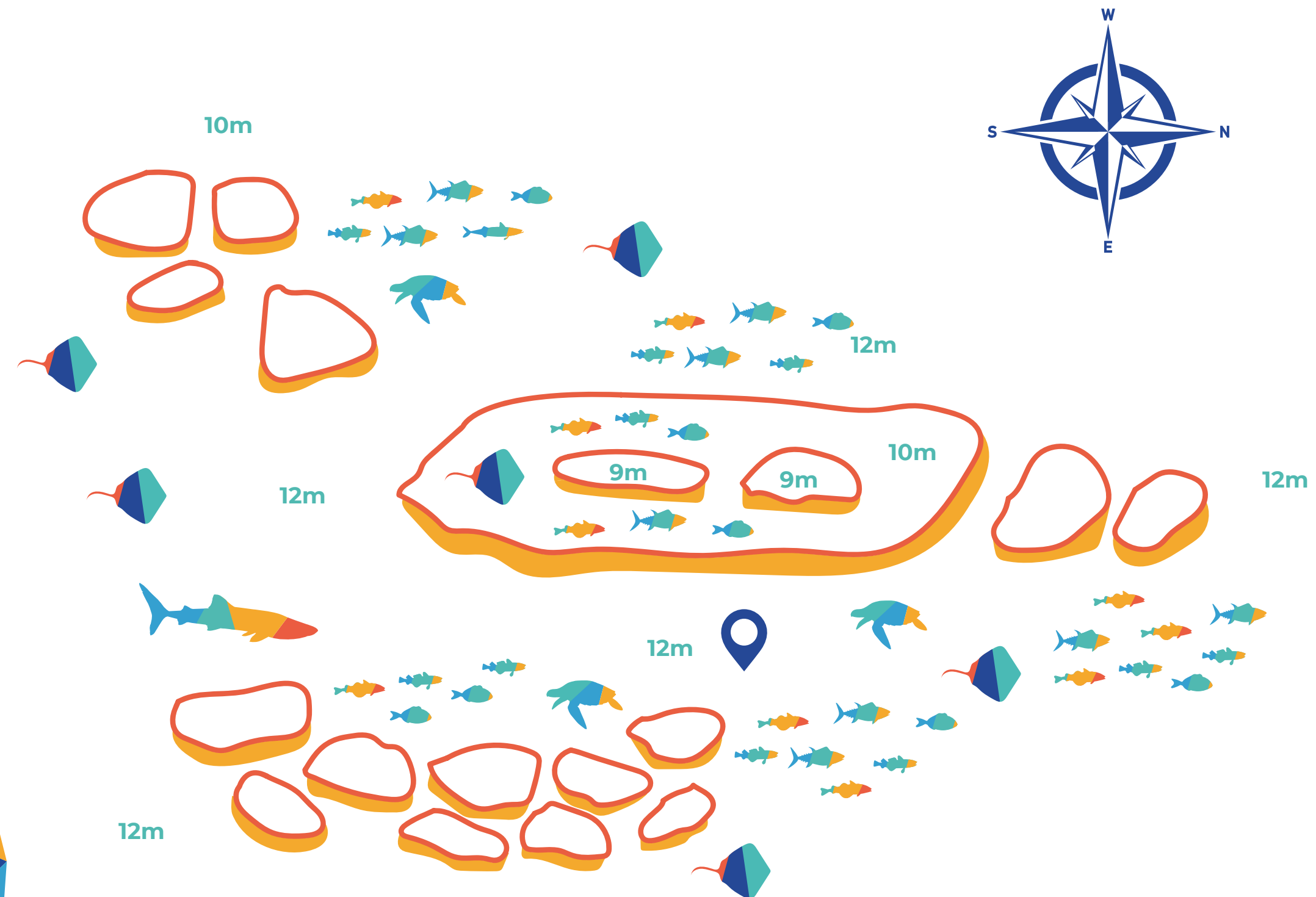
Plenty of Kuhls Rays can be seen, Torpedo Rays hiding in the sand, and occasional Spotted Guitar Sharks and Crocodile Fish are also encountered. If you are interested in macro life, this is your dive site. Various colourful Nudibranchs, Leaf Fish, Cleaner Pipefish, Seagrass Ghost Pipefish and sometimes Juvenile Frogfish are found along the reef. Marbled octopuses may also be found displaying their many assorted colour patterns, and even Stone Fish have been seen occasionally.

Minimum experience level: Open Water

Distance: approx. 20min

Depth: 9-15 metres

Bottom airtime: \pm 45min



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SHERWOOD FOREST

Sherwood Forest got its name because of the vivid Green Tree Coral that covers the reef. It is a reef that offers a dive full of colour and diverse life unlike any other in Barra. Sherwood Forest is a massive mushroom-shaped rock about 7 metres tall and about 80 metres wide. It is home to hundreds of Goldies, Anthias, Bue Tang Fish, and distinct types of Snapper.

The green forest provides plenty of shade and shelter on top of the overhangs, where you can spot Turtles, Manta Rays, Whiprays, Devil Rays and Blotched Fantail Rays while Brindle Bass and Potato Groupers keep a lookout for divers and other significant Macro life. You can explore the crevices, caves, cracks, and swim-throughs at the bottom of the reef for a 'playground-like' dive.

A small swim North takes you to a large boulder decorated with beautiful and sensitive Green Tree Corals and houses the Longnose Hawkfish (spot them if you can)! Here, you are in a great locality to spot Whale Sharks, so keep looking above you to spot them passing by. Due to its sensitive topography, this site must be dived with experienced divers when there is little to no current.

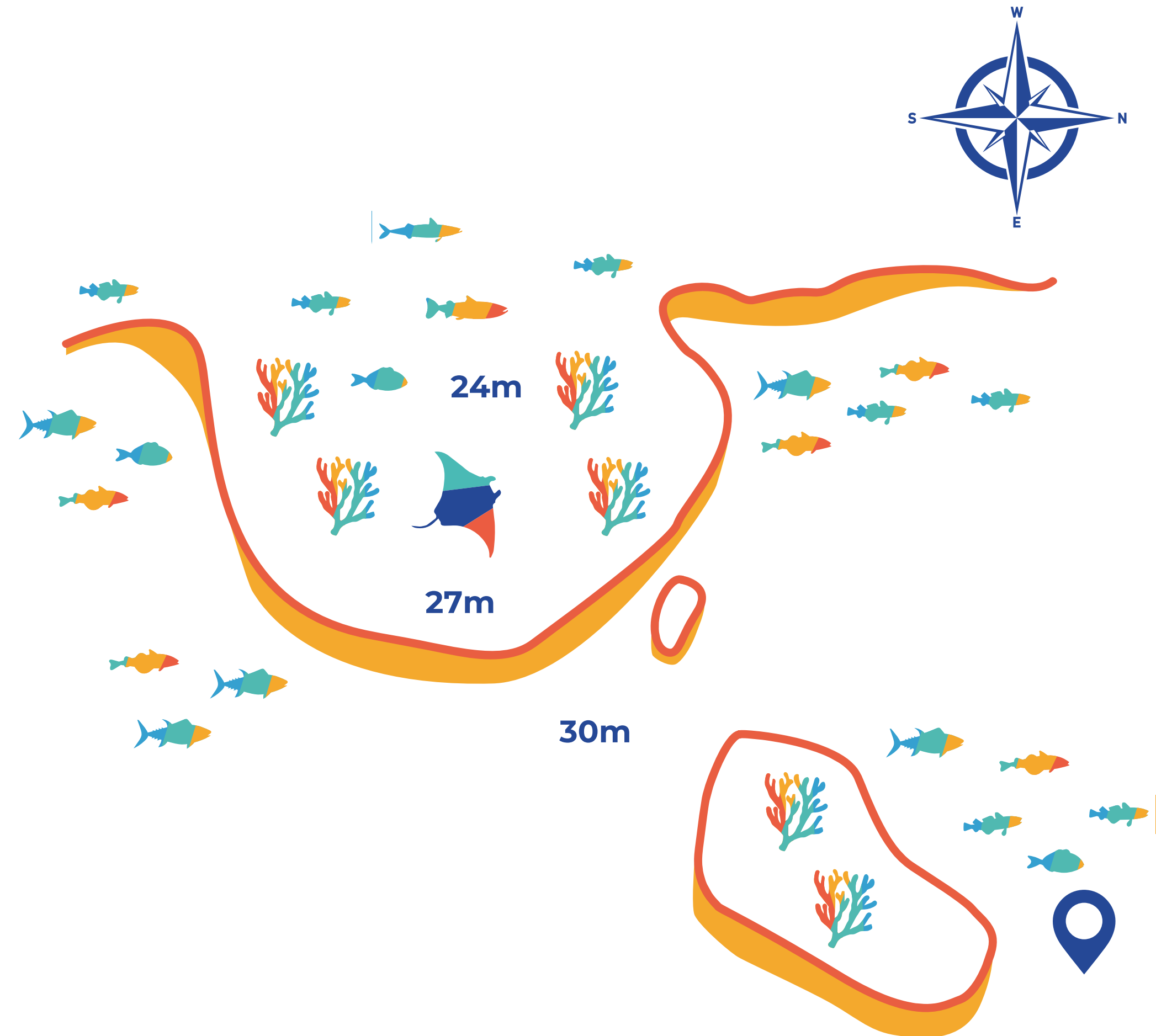
Minimum experience level: Advanced Open Water

Distance: approx. 20min

Depth: 26-33 metres

Bottom airtime: ± 20 min

Bottom time EANX 32% ± 30 min



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TABLE TOP

This expansive dive site is a unique wall with plateaus that resemble table tops, a sight you won't find elsewhere. It's best explored in mild current conditions. The top of the reef is a vibrant tapestry of luscious Green Tree Corals, providing a stunning backdrop for the Redtooth Triggerfish, Surgeonfish and Trevally that seek shelter here.

The top of the main reef, at a depth of 27 metres, offers a breathtaking view, while the sandy bottom, reaching depths of 33-35 metres, is a haven for marine life. The sandy bottom/sand channel towards the end of the reef is home to numerous Stingrays, and just a bit further are two cleaning stations. Here, you have a high chance of spotting Manta Rays, as well as cleaning Wrasse, Fairy Basslets, Goldies, Angelfish and Butterflyfish, making it a paradise for underwater photographers.

You can explore the cracks, crevices and overhangs for Moray Eels and large Potato Bass and be sure to watch for groups of Devil Rays during your safety stop! This site makes a great drift dive in the correct conditions, as this site can also be challenging during solid currents, so you must be an experienced diver to dive this reef.

Keep an eye out for Kuhls Rays, Sea Apples, Honeycomb Whip Rays, Moray Eels, Shrimp, Frogfish, and large schools of pelagic fish, too.

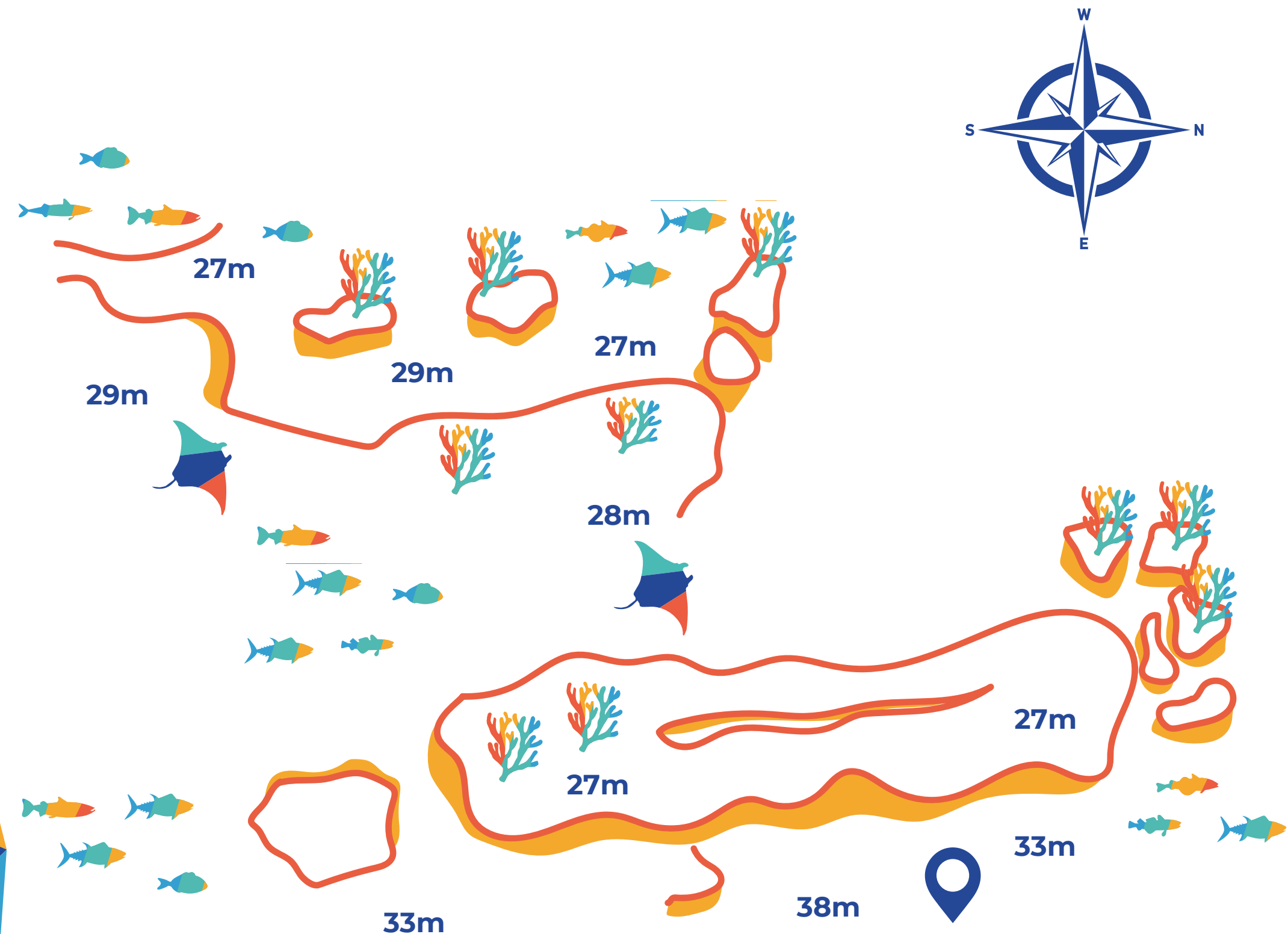
Minimum experience level: Advanced Open Water

Distance: approx. 20min

Depth: 26-34 metres

Bottom airtime: ± 18 min

Bottom time EANX 32% ± 28 min





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Praia da Barra, Inhambane

Moçambique

GPS 23°47'36.12"S 35°31'28.47"E

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