

DIVING

Dive the Hidden Depths

Whether you choose to explore Komodo, Banda or Raja Ampat a plethora of underwater mysteries await your discovery. Indonesia is ultimately the clashing of the great Pacific and Indian Oceans and the nooks and crannies of this archipelago brew up an almost mythical explosion of bio diversity.

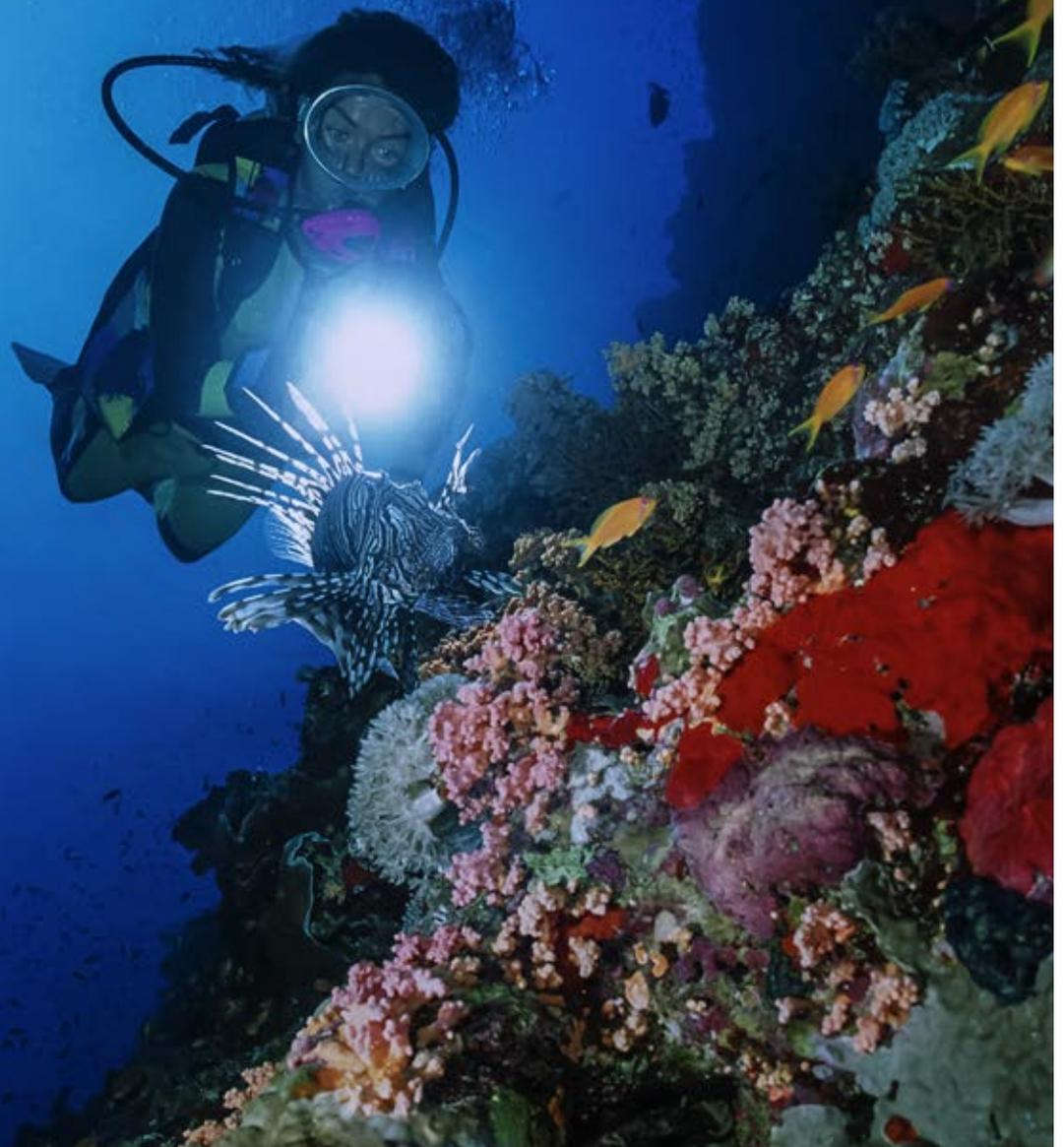
Diving as part of the Prana team means that we want to take you to the most exceptional spots at the optimum times. Our dive experts have unparalleled local knowledge, so even if you have heard of other dive sites or have been to other places on previous trips, be guided by our team. We are here to make your memories with you.

CONTENTS

Diving Courses and Experiences	2
Scuba Diving on Prana by Atzaró	4
Komodo Diving Safari	5
Explore Banda's Underwater Paradise	16
Discover the Deep in Raja Ampat	23
Code of Conduct	30

Diving Courses & Experiences

Your voyage on Prana offers the opportunity to become a qualified diver. Our team run Scuba Schools International and PADI certified dive courses offering you the opportunity to get the most out of your experience of the stunning underwater world of beautiful Indonesia.





OPEN WATER DIVER SSI-PADI

This is the most popular first step on the scuba diving ladder and consists of three main stages. During this course, you will be taken for 3 dives at a maximum depth of 18 meters. It qualifies you to dive alone with another certified scuba diver and hire equipment without having to complete additional training.

ADVANCED OPEN WATER SSI-PADI

Designed to give you a deeper understanding of dive theory, this course allows you to focus on various aspects which have sparked your curiosity while completing the open water course. With this certification, you can dive at a maximum depth of 30 meters and the course takes you on 5 speciality dives including underwater navigation, deep dives and the 3 other specialities are entirely up to you.

REFRESHER COURSE SSI-PADI

If you have already got a SSI, PADI or other internationally recognised qualification but have not been diving for a while, you may want to refresh your skills. This option is the perfect update to make sure you are safe, confident and comfortable during your adventures.

SSI and PADI E-LEARNING

Use SSI or PADI's E-Learning option so you can do all your theoretical work before your trip. This means that your time onboard will not include studying so you are free to enjoy all the amazing things that Prana offers.

A scuba diver in a blue underwater environment next to a large, intricate white coral structure. The diver is on the left, wearing a full scuba suit and holding a camera. The coral is on the right, forming a large, branching structure. The water is clear and blue, with some bubbles visible.

Scuba Diving on Prana by Atzaró

Prana is well equipped with all the latest diving gear from weight belts and booties to oxygen tanks and regulators which are all serviced regularly. Nitrogen is also available for those who prefer and who are qualified to use it. We even have 5 GoPro camera's for catching those critical moments where you see a shark or sting ray for the first time. If you want to bring your own equipment feel free but please ensure its all in good working order.

Komodo Diving Safari

Komodo National Park literally has some of the best diving in the world and combines 1,130 km² of dazzling ocean with 603 km² of rugged island wilderness. Guests can literally jump off Prana by Atzaro anywhere and be engulfed in rich marine life surrounded glorious coral gardens.

Although, in theory, it is possible to dive all year round here, many of the sites are seasonal and can be affected by currents. The weather here is usually wonderful (27-28 °C) but the water temperature can dip below 77°F or 25°C (23°C in south Komodo) so we advise that you bring some extra layers of neoprene or a hood as well as basic swimwear.





SEBAYOR KECIL

Located close to Labuan Bajo on the northwest corner of the island of Sebayor Kecil this is the perfect site for the first check dive. A small reef extends out towards the deep where it drops off a few hundred metres from the shore. Here are some large boulders where you can typically see groups of giant trevally, whitetip reef sharks, coral trout, snappers and emperors. Most of the wall is protected from current and usually has great visibility.

MAKASSAR REEF - KARANG MAKASSAR - MANTA POINT

This is one of the most exceptional spots in Komodo for manta rays in the right season. A 2km channel featuring a moon-like ocean floor carved out by the ceaseless currents forms the perfect site for a long gentle drift dive. Spot humphead parrot fish, bamboo sharks and marble rays as well as a myriad of macro life hiding amongst the rocks.

TATAWA BESAR EAST & WEST

A magical drift dive which begins in the north-western part of Tatawa which can be followed down either the eastern or western sides of the island. The reef is about 8 to 20 metres deep and although commonly gentle, the current can get quite fast during a falling tide. Nevertheless, relax and enjoy the ride because it always slows as you reach the shallows towards the end. On the way perhaps spot turtles and manta rays as well as a plethora of reef fish amongst the endless fields of hard and soft coral including giant trevallies, fusiliers, angelfish and lots of sweet lips.

TATAWA KECIL

Possibly the Anthias capital of Komodo and a tiny island with a big reputation amongst divers. Caves, coral gardens, swim-throughs and chimneys swarm with reef favourites such large groupers, snappers, sweetlips, jacks and sharks. While the west side of the island offers the best diving overall, the south offers the chance to spot mantas. This is also a fantastic place for snorkelling during slack tide.

BATU BOLONG

This world-class dive site goes by the unassuming name Batu Bolong which means 'hole in the stone' in Indonesian. A tiny rock crests the ocean in-between Komodo and Tatawa Islands but beneath the waves hide an expanse of colourful corals, invertebrates and swarms of vibrant fish. The dive starts in the shallows and progresses to deeper water where along the steep walls large fish, including sharks, napoleon wrasse, giant trevallies, dogtooth tuna, and large schools of rainbow runners can be seen.

This site is exceptional as it is totally undamaged because the current and topography prevented fisherman using dynamite and cyanide techniques prior to the area being protected. This site can only be explored during slack tide when there is not too much current.

SIABA KECIL

An outstanding drift dive starting in the north of the island and heading south following the reef edge at a depths ranging from 8 to 20 metres. The current can be very strong and you will be pulled past small caves, canyons and overhangs filled with angelfish, tuna, barracuda, giant trevallies and sweet lips. At the end of the dive, the ocean carries you safely into a shallow reef plateau with turtles gracefully cruising around the beautiful coral gardens.

PENGAH TENGAH

This is one of our dive expert's favourite sites when conditions are good and one of the most underestimated in Komodo. Rich hard and soft coral gardens cover every inch of the reef making it the perfect playground for schools of long-nosed emperors, turtles, angelfish, and scorpion fish. Sharks patrol in the depths and jacks play on the edges of the currents.





CASTLE ROCK

A seamount, usually with excellent visibility, where the current flows to the east and is stronger at the surface than in deeper water. Friendly batfish, schooling barracuda, jacks, mackerels and reef sharks swarm in approximately 20 to 30 meters of water. Flowery soft corals grow and numerous vibrant fans host the famous pygmy seahorses. The top of the rock is approximately 3 to 4 meters below the surface and offers good shelter for a safety stop.

PANTAI MERAH - PINK BEACH

Pink Beach provides great snorkelling from the beach and there is a very good dive area around a rock that breaks the surface at low tide. A great variety of tame fish and a good selection of critters such as leaf scorpionfish, blue-ribbon eels, crocodile fish and nudibranchs make this their home. This site is also a very good night dive, and the visibility varies with optimum conditions at ebbing tide.

CRYSTAL BOMMIE

Castle Rock's sister site, this is exposed at very low tide and is celebrated for its clear visibility. This exciting dive is generally best during or just after a slack tide and is so epic, guests often request to do it twice. The current which flows to the east brings with it huge schools of fusilier. These attract many pelagic hunters and under the right conditions, the ocean surges as giant trevallies burst through the schools of fusilier fish. Also spot the scorpion fish, thousands of anthiinae and schools of yellow-ribbon sweetlips. A mound to the North West also attracts schools of fish seasonally including tuna and mackerel.

LIGHT HOUSE

A great reef slope offering a gentle drift dive under the right conditions with some interesting rocky outcrops. Whitetip reef sharks are commonly found sleeping on the bottom, giant morays reside in the sweeping sponges, and at the right time aggregations of groupers and large sweetlips impress even the most experienced divers.



DARAT PASSAGE NORTH THE CAULDRON

Named because it resembles a giant boiling pot this site has lots of exciting crevices to explore and is both an exhilarating snorkelling experience and a fabulous drift dive. It is possible to dive this site from east to west or vice versa depending on the current. Usually just before or after a slack tide offers the optimum conditions here and the visibility is best west to east at an ebb tide.

The nooks and crannies of the hard coral at the top of the reef provide shelter for fish and macro life while current is gentle, making it a great spot for beginners. Keep an eye out for turtles and a family of giant sweetlips living in a grotto in the shallows. Likewise, on late afternoons or when the tide is falling, manta rays can be spotted gliding near the surface. As divers descend into the bowls of the cauldron the size of the fish increase sharply and sharks are frequently seen patrolling the depths. This is one of the iconic Komodo dives and once you have been, you will understand why.

DARAT PASSAGE SOUTH GOLDEN PASSAGE

A first-rate dive, however, damaging fishing methods have exacted their toll here. The best place for snorkelling is at the tip of the peninsula where a glorious coral reef offers idyllic cruising grounds for turtles and a plethora of other gaudy marine life.

The best time to dive this site is when the current is running from east to west through the narrow strait between Gili Lawa Darat and Komodo Island at rising tide. Begin at the eastern shore of the peninsula inside the bay.

Countless small coral trout, large schools of anchovies, small tuna and trevallies come in from the deep ocean to feed here. As the dive progresses, more and more fish come into sight with dancing garden eels and whitetip reef sharks sleeping on the sandy bottom.





PILLARSTEEN

This pinnacle is just offshore a small island east of Padar Besar and boasts fanciful topography including lots of caves as well as swim-throughs at different depths. The site is at its best at around 30 to 40 meters and although not as affected by the current as other sites, it can still surge when the swell is running from the southwest. Large schools of fusiliers dart along a slope covered by an interesting variety of soft and leather corals, amazing macro life and it is not unusual to encounter sharks and the odd stray turtle.

INDIHIANG

Close to Loh Liang, this small island has steeply dropping walls with plenty of big fish and good corals. The best time to dive here is at the end of a falling tide when the current is calm so you can easily drift along the eastern wall from north to south. This dive must be planned around slack tide to avoid excessive currents. Top attractions include potato cod, large napoleon wrasse and schools of giant trevallies and snappers.

THREE SISTERS

Three Sisters is located north of Pillarsteen. Three large rocks lie submerged in about 20 metres of water, approximately 10 metres apart rising to around 3 to 5 metres from the surface. This is an unbelievable site blessed with pristine coral and is rich in fish and macro life. The current does affect this spot but it usually diveable. For the adventurous try and find the Fourth Sister located to the west which starts out in about 20 metres of water dropping to a depth 40 metres with some impressive fans and masses of spectacular marine life.

CANNIBAL ROCK

The macro lovers choice, this dive site is a small seamount in Loh Dasami Bay between Rinca and Nusa Kode Island. There is little current and a huge range of invertebrates including pygmy seahorses and frogfish amongst the florid, prolific soft coral. Schools of bohar snappers, surgeonfish and different species of scorpionfish flow through the depths. Be amazed at the unusual nudibranchs, fire urchins hosting Coleman shrimp, sea apples and other species of holothurians.

INVERTEBRATE WALL

A Komodo favourite for day and night dives as well as snorkelling located just inside the southeastern corner of Loh Dasami Bay. Nine times out of ten, the current flows to the north so the best entry point is around the western tip of the headland. The invertebrate diversity here is mindboggling and the wall simply teems with life.

Crevices hold sleeping fish, spiny and slipper lobster and a variety of other crustaceans such as cleaner shrimp, reef crabs and decorator crabs. The list is simply too long but you will be amazed at the variety of colourful, poisonous sea urchins, bright red sea apples, beautiful soft corals and Spanish dancers. You can also spot sleeping coral trout, turtles, catsharks, all kinds of cardinalfish including parrot fish dreaming away in their cocoons.

TANJUNG LOH SERA

A fabulous spot with great snorkelling along the northern shore of this cape. Off the corner, there are some large underwater pinnacles and submerged rocks which are only suitable for experienced divers. Beginners should stay along the safety of the wall and plenty of large fish and turtles can be seen there. Also, prepare for encounters with some exceptionally large trevallies, potato cod, Malabar groupers, schools of bumphead parrotfish, napoleon wrasse, dogtooth tuna, and manta rays. A very fruitful site!

GERMAN FLAG

On the shoreline south of Komodo Island, this site has cooler water from the upwellings of the south coast creating a remarkably nutrient-rich environment. The high densities of plankton, although decreasing visibility, attract manta rays from September to January. The water near shore is between 5 and 20 metres with many large rocks and boulders between which hide big Malabar grouper, potato cod, napoleon wrasse and schools of surgeonfish.







MANTA ALLEY

Manta Alley is formed by a group of tiny rocky islands in the bay of South Komodo. Fantastic for both snorkelling and diving, the manta's hang out here from September to January. And even if these esteemed visitors are not present, you can see giant trevallies, sharks, beautiful coral and a high diversity of other invertebrate life in relatively shallow water. The best entry is at the northeast side near a coral mound 5 to 15 metres below the surface. The water is cooler here and the reef is pristine with very little damage.

BATU TIGA

Situated southeast of Tanjung Kuning in the Linta Strait, Batu Tiga is an excellent big fish dive when the ferocious currents let up enough. Most of the coral growth is stunted because of the force of the water here and a big rocky reef spreads out from the North West towards Komodo Island. In the deeper water, big boulders offer a superb habitat for large groupers, mantas, giant trevallies and other pelagics.

LANGKOI ROCK

The territory of the experienced diver, this pinnacle located south-east of Langkoi Island, can be exposed to a big surge. When there is a big swell it is easy to find by looking for the surf breaking on the rocks below but when it is calm it is trickier as the site is not marked on many charts. The best way to dive this is to enter up current using negative buoyancy technique and then go straight down and watch the show. A reef hook is a good accessory to have so you can hang on to the rocks.

This is a shark spotter's paradise from July to September with grey reef, whitetips, hammerheads and silvertips gathering around this site. It is also good for pelagic fish and has some resident potato cod at the southern point in 30 meters of water. An exhilarating dive for veteran divers.

WEST KOMODO

Only a few sites have been documented in West Komodo but these are characterised by sharp drop-offs, sharks, and strong currents making them high adrenalin destinations for those with experience.

GPS POINT

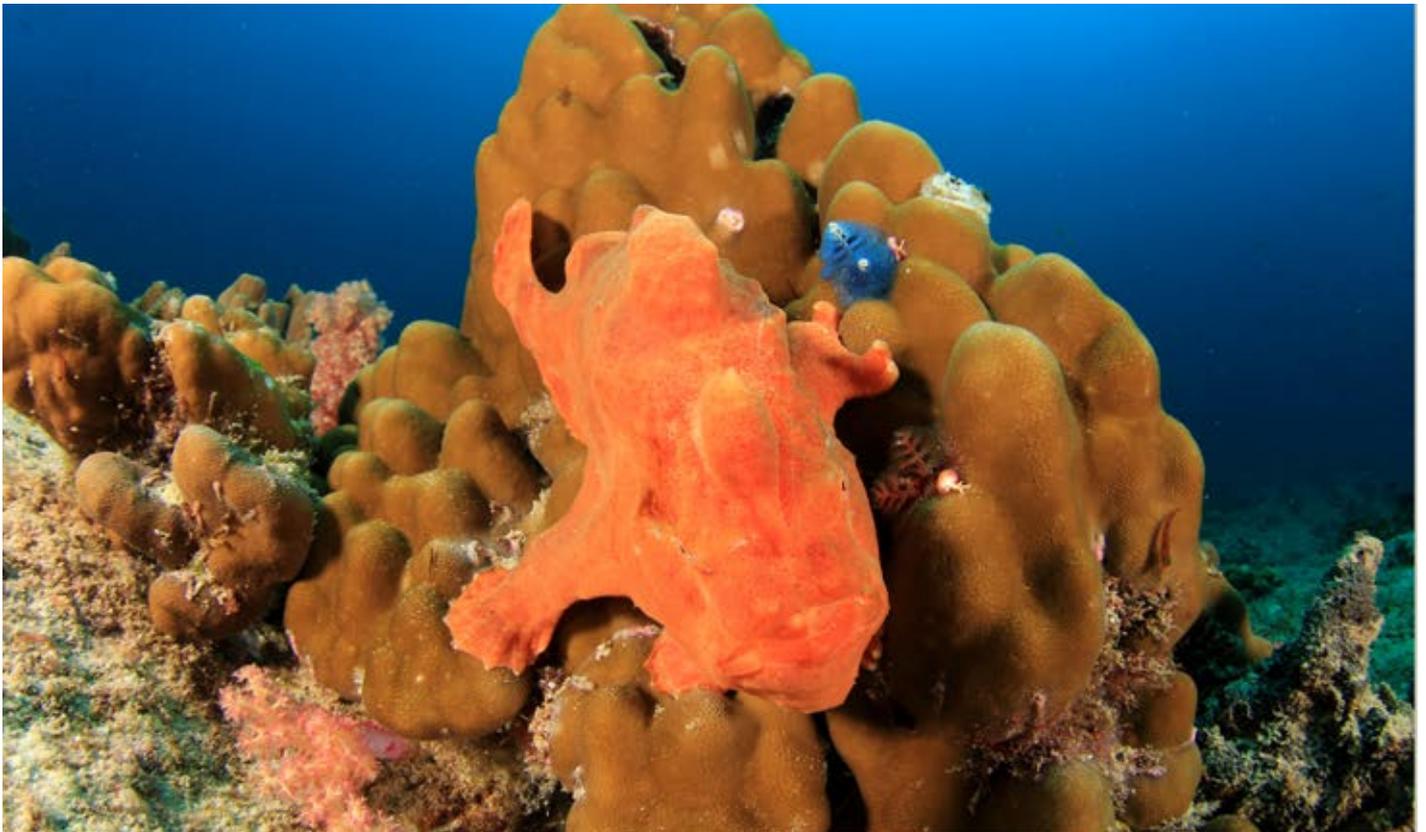
This is a shark aficionado's favourite and up to seven species of shark can be spotted here at one time. A seamount off the northeastern tip of Banta Island this site was badly damaged by dynamite fishing in the late 1990's and has been extensively fished by shark finners. Nevertheless, on the northwestern side, there is still good fish life and large Spanish mackerel can usually be seen patrolling the huge pinnacle and dogtooth tuna can sometimes be spotted along the deeper slopes.

NORTH-WEST GILI BANTA

The northwestern tip of Gili Banta provides some superb diving and snorkelling for the more adventurous seafarer. A steep rocky wall plunges down to depths of 35 to 40 metres at the very tip where you enter big fish country. The best entry point is 100 metres south of the point in a sheltered bay where there is an excellent coral garden in shallower water, perfect to perform the safety stop. It's best to dive around slack-tide with a bit of current to attract the big boys, keeping that in mind a strong current roller-coaster is almost guaranteed.

NORTH-EAST GILI BANTA

An interesting site within a well-preserved hard coral garden offering shelter to many unusual creatures including nudibranchs and frogfish on the sponges. Enter from the northern tip of the headland and then swim with the reef as it curves left into the bay.



Explore Banda's Underwater Paradise

A group of remote islands often referred to as the Spice Islands because of their illustrious colonial history, are now drawing the interest of the diving community. Here you will find crystal clear waters and an incomparable diversity of marine life with healthy untouched coral gardens embellished by towering gorgonian fans, huge barrel sponges and over 300 species of hard and soft coral, as well as some of the most coveted muck diving in Indonesia.

Seek out hairy squat lobsters, whip coral shrimps, pygmy seahorses, leaf scorpionfish and ghost pipefish. Add to that the fact this area claims to be the home of the largest napoleon wrasse population in Indonesia plus the chance to spot hammerheads, rays and turtles and you have some serious underwater action. Moreover, with visibility of up to 50 metres and moderate currents, most sites are suitable for the inexperienced.





BABI ISLAND

This island is home to a few dive sites and one of the most coveted of these is known as the Crack which was formed by the tremors of the 1992 earthquake. Located in a reef 20 metres below the water, the 70-centimetre fissure reaches a length of 30 metres. Numerous forms of aquatic life, including eagle rays and spider crabs, can be found here and it is suitable for snorkelling as well as diving.

This island gets its name from the pigs that live here and spend a lot of time in the ocean, so much in fact that over time their snouts have turned upward. Another of Prana's secret spots is on the lava side of the volcano where we head east until we reach a wall which at the top is around 6 or 7 metres and descends to depths of around 100 metres. An endless flow of beautiful mackerel, eagle rays, giant grouper, giant marble grouper and trumpet fish will mesmerise even the most seasoned diver and if you are lucky reef sharks will join the horde.

KALABAHI

The most outstanding feature of this site is the opportunity to snorkel with dugong also known as sea cows. This is an exhilarating experience for everyone concerned so you must be careful as the dugong can get a bit frisky! This spot also draws in sperm whales and pods of dolphins. Finally, we finish with one of the most astonishing muck dives you will ever have in another of Prana's coveted secret spots.

NYATA

This amazing site has beautiful expansive reefs embroidered with an extraordinarily diverse range of coral. This peaks at around 5 metres and descends to over 200 with a sharp drop-off. Immerse yourself in the colours of the coral and the flashing silver beauty of schooling sardines, trevallies and fusiliers.

NUSLEUR

This is a drop-off reef and the highlight here is the opportunity to dive with elusive hammerhead sharks. This is one of the ultimate scuba diving experiences and swimming amongst these alien looking creatures effortlessly cruising the deep is simply unforgettable. Hammerhead sharks can grow up to 6 metres with their average weight varying from 230 to 450 kg.

POHON MIRING

Northeast of Banda Besar, Pohon Miring is known for forceful converging currents and the abundance of fish attracted by these. This brilliant site begins on a straight slope which leads into a spacious 15 metre swim through adorned on all sides with gorgonian fans and huge sponges emerging out onto a rocky plateau which is teeming with critters and big hunters alike. This is the perfect spot for divers who enjoy a challenging current and has spectacular visibility.

BATU KAPAL

This site is located by a rock jutting out of the ocean north of Pulau Pisang or 'Banana Island'. Below the surface, giant boulders form a valley which starts at around depths of 8 metres descending into the deep clear blue to about 50 metres. Great fans and lush sponges house giant moray eels and the biggest population of red tooth triggerfish the team has ever encountered. The vibrant walls of the eastern side are rich in invertebrate and fish species and there is magnificently clear visibility allowing great views of the large pelagics that swarm around the site, however, there can be strong, rapidly changing currents and at certain times of the day, diving is impossible.

SERUA

This is another adrenalin pumping show stopper complete with a sheer drop-off and circling hammerheads.







PULAU PISANG

The waters around here are tagged as the region's top spawning grounds and are alive with colourful butterfly, surgeon, trigger, parrot and angel fish. The reef's slope ends in a wall going down from 25 to 50 metres, which is festooned with gorgonians, sponges, anemones and whip corals. The dives here are usually moderate drift dives with strong currents only at the northern and southernmost tips of the island.

PULAU HATTA

The west shore of this island has a 5-metre wide hole in the reef which exits into the open sea, as you descend through it, look back and it appears as an exquisitely colourful coral bridge. Here you can find some gorgeous gorgonian fans and a couple of pygmy sea horses who have made these their home. The rest of the dive is a relaxing drift where you can just let the sea serve up a constant stream of reef fish, schooling barracuda and keep your eyes peeled for a turtle or two. This island is also renowned for its excellent snorkelling sites.

BANDA BESAR

Banda Besar has several excellent dive sites with a vast number of hard and soft coral species. The south coast attracts rainbow runners and redtooth triggers as well as napoleon wrasse which are a staple at most of the dives sites in the region. One of these worth paying special head to is Batu Belanda which is famous for the eagle rays that gracefully fly past as well as an impressive rock covered in coral with a gaping swim through.

GUNUNG API

This is one of the jewels in Banda's crown and after the volcano erupted in 1988 an amazing transformation took place. The gravel was covered with lava and very soon coral, mostly *Acropa* started to take root across the site until it quickly formed almost 100% coverage over the cold lava. It is still not fully understood how the reef grew so quickly but the lava is thought to have played a vital role, making this is a site of great interest to researchers and tourists alike.

PULAU KERAKA

Diverse topography, little current, great visibility and amazing biodiversity makes this a big hit with underwater photographers both during the day and at night. Rocky walls, coral boulders resting on a sandy bottom and a rich reef top which hosts a remarkable variety of small critters including but not limited to: candy crabs, nudibranchs, ornate ghost pipefish and leaf scorpionfish. Out in the deeper waters spot great barracudas swimming out in the blue, napoleon wrasse, turtles and much much more.

RHUN

Rhun is one of the most remote islands on this trip and both this spot and Nailaka, a tiny island beside it provide endless opportunities to dive in unspoilt elegant coral gardens with thronging vital clouds of reef fish and big hunters.

KARANG HATTA

This reef is located south-east of Pulau Hatta and is one of the sites nearest to the infamous 6000 meters deep Banda Trench. Literally an underwater mountain, this site was badly damaged by illegal fishing techniques but is now showing good signs of recovery. This is an unforgettable opportunity to immerse yourself in the endless predatorial dance of giant pelagics. Schooling trevallies, barracudas, tunas and even hammerheads and grey reef sharks can be seen here as well as turtles.





Discover the Deep in Raja Ampat

A myriad of islands and pinnacles breach the surface of the aquamarine waters creating watery homes for everything from rare pygmy seahorses to majestic manta rays. Breath-taking vertical walls, flat reefs, thrilling drift dives, soaring seamounts, murky mangroves and piercingly clear lagoons guarantee a myriad of ocean terrains primed for unforgettable escapades.

You could literally write a book about the dive sites in Raja Ampat and these waters are so uncharted that unlike Komodo, many of the lesser known locations are yet to be christened. Thronging with marine life, these magnificent waters are some of the most diverse on the planet and are home to the largest species count ever recorded on one single dive.





MIOSKON

Mioskon is the site of the first dive we take and the gorgeous reef offers a great impression of what guests can expect from Raja Ampat. For inexperienced divers, this is a relatively easy dive and it begins on a shallow platform from 3 to 7 metres with a beautiful coral garden which drops away more sharply from 7 to 35 metres.

Schools of yellow snapper, napoleon wrasse, big groupers and the delightfully weird wobbegong shark, a bottom feeder which looks a bit like a carpet, can be found here. Wobbegong is actually the common name given to the 12 species of carpet sharks in the family Orectolobidae.

Pygmy seahorses and different species of nudibranch also caper around the coral. There is usually a moderate to strong current but if it's too strong we drift dive and get picked up by one of the tenders at the other end.

BLUE MAGIC

This is not to be missed if you want to glide gracefully around the deep with infamous giant oceanic manta rays. Blue Magic is an underwater seamount which is very small on top - at a shallow depth of 8 to 10 metres falling steeply away to a maximum depths of approximately 35 metres.

Ripping currents attract not only the rays but also the prodigious predators of the reef: tuna, trevallies, black and white tip reef sharks and even barracuda on a good day. Although the shallows can be explored by the less experienced the true thrill of this site is to descend into the fray and hook onto the pinnacle to wait for one of the greatest underwater shows on the planet to unfold.

YENBUBA

There are three dive sites around this island including the famed Cape Kri which kicked off the ecological buzz surrounding Raja Ampat. The most spectacular array of flora and fauna can be seen here and Dr Gerry Allen counted a record 374 different species in a single dive. This site is located at the crossroads of strong currents which entice tuna, jacks, trevallies, barracuda and large napoleon wrasse into its surging depths. If you are lucky you may even see a few whitetip reef sharks.

Yenbuba Jetty is a great coral garden dive for beginners but can only take place at high tide. The reef goes down to about 30 metres and you can see juvenile blacktip reef sharks, green and hawksbill turtles as well as bumpheads and napoleon wrasse.

Another great unnamed site at this location is a drift dive which starts at 4 to 10 metres down a slanting reef where you can see oriental sweetlips, blue spotted sting rays and bumpheads as well as tornados of barracuda, reef sharks, tuna and trevallies.

ARBOREK

This tiny island, in the middle of nowhere, is exceptional for three reasons: its manta diving, conservation ethos and the fact it is the only place in the region you get proper 4G! There are two main dives of interest here.

Getting to Manta Sandy is an adventure in its self and you have to cruise between reefs and ridges to get to this colossal manta cleaning station. There is a moderate current and we tend to descend to around 14 metres and wait for the action. This is a protected area and you will see remarkable numbers of eagle and reef manta here. Occasionally other interesting fish can be spotted including mackerel, clownfish, nudibranchs glassfish and glass crabs.

The second place of interest is the Arborek Jetty where the giant clams are the notable and surreal highlight, they literally are big enough to fit half a human inside. A fabulous array of coral fans and lots of mackerel, pipefish, branded pipefish and manta shrimp will engulf your senses.







PAINEMO

This island has three absolutely amazing sites. Melissa Garden is a large shallow hollow starting at depths of 7 to 12 metres and descending around 25. Usually, we jump in and drift here as the currents can be very strong. This is a hot-spot for shark action including the wobbegong and the barracuda here are exceptionally large, growing to be as big as a human with horror-show teeth.

Anita Garden is superb dive for beginners and the range of topography here makes the experience unforgettable. You start in the shallows of around 6 metres amongst the fire corals and then descend to the walled corner of the island facing west where you start diving along the wall and pass over a ridge before hitting the current and drifting with it.

We then hit another wall which faces east and gets lots of light producing a colourful jungle of marine life. Moray eels, juvenile blacktip sharks, eagle rays, sardine, fusiliers jostle with clown triggerfish, pygmy seahorses and even rare golden trevallies.

The final site, in range of this island, is My Reef which is an underwater seamount from 10 to 40 metres with stunning soft and hard corals. This is a really exciting dive but is not for green divers as you may hit some adrenalin fuelled down currents. Some of the marine life abundant here includes silvertip and whitetip reef sharks, eagle rays, sardines and fusiliers, trevallies, tuna and barracuda.

SARDINE REEF

A stunning, snaking reef packed with marine life which resembles an oval-shaped underwater hill. This starts at around 4 meters reaching depths of around 30 metres and is considered to be a safe site for inexperienced divers. Drift on the power of the current and observe the regal fusiliers, patrolling reef sharks and wise-looking turtles.

Soft coral, gorgonian fans, black coral bushes and slopes of coral heads populate the whole Sardine Reef area. Large schools of damsels, bannerfish, butterfly fish, sweetlips and snappers frequent the site, picking tasty morsels out of the current. However, there are no sardines!

YANGGELLO

On the other side of Yanggelo are two dive sites the Prana team think are of note: one of which we like as much, if not more than Cape Kri called Citrus Ridge which in our opinion offers some of the best and most consistent diving in the region.

Revel in clouds of hunting tuna, trevallies, barracuda, giant barracuda, chevron barracuda, manta rays and eagle rays. See if you can spot wobbegong shark camouflaged on the sandy bottom while distracted by darting mackerel and the wonders of nudibranchs and cleaner shrimps. There is also a chance of seeing giant marble groupers.

The second site here is aptly called Mayhem and is characterised by challenging currents surging around a seamount which attracts a delightful display of hunters including blacktip and whitetip sharks, fusiliers and sardines. This begins at a depth of 6 or 7 metres and descends to about 40.

BATANTA

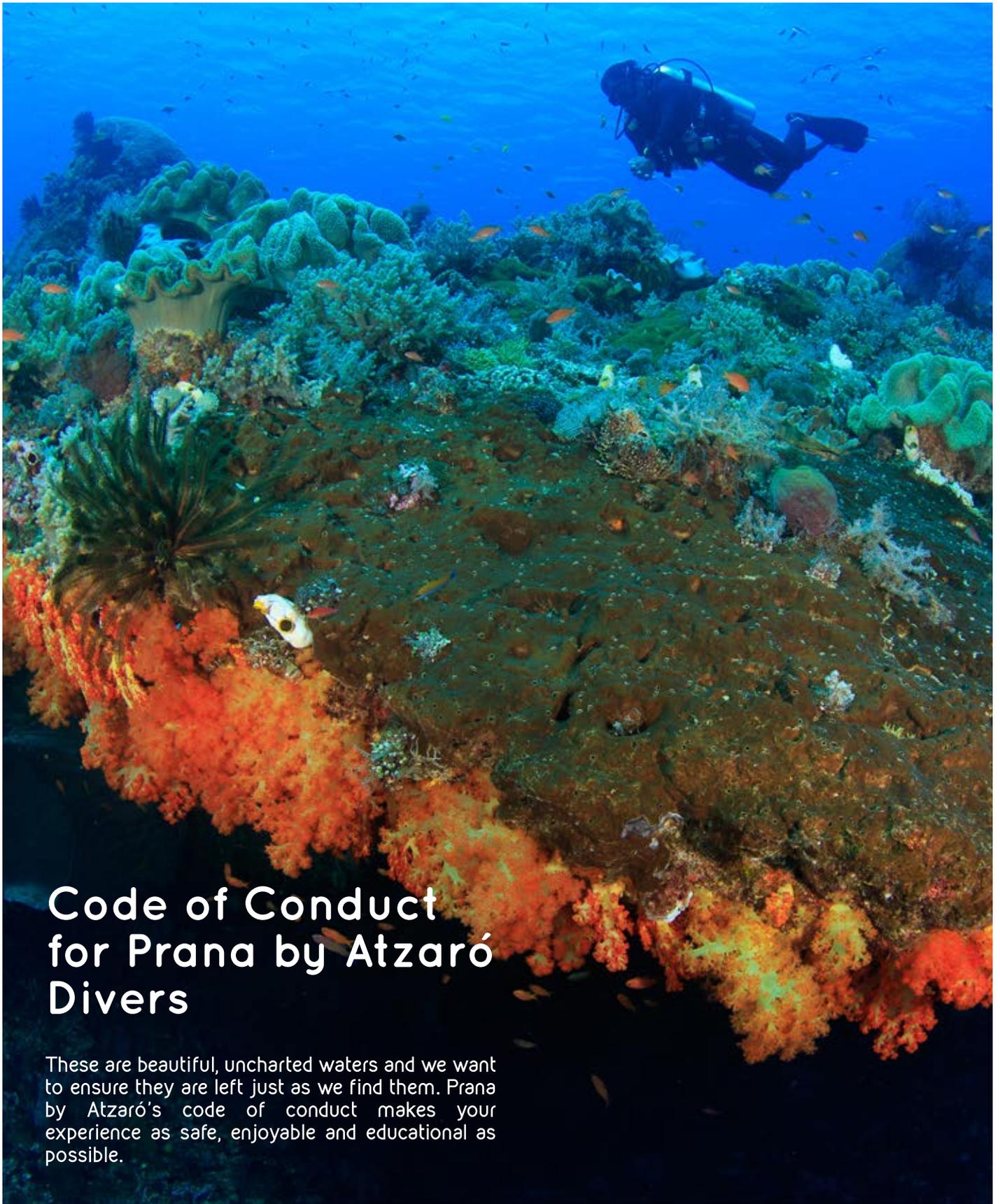
This is one of Prana's secret spots for manta rays. A small, unspoiled reef with a cleaning station, we hook at 6 to 9 metres and watch these elegant creatures come in really close. There are also some great octopus at this location.

WAYAG

Wayag really yields its biggest rewards above the water with its iconic limestone peaks and turquoise waters. Here we either dive facing the Pacific Ocean and the gushing currents which bring in the big game including tuna and trevallies or we can dive in the lagoons and encounter more giant clams as well as the usual array of reef favourites.







Code of Conduct for Prana by Atzaró Divers

These are beautiful, uncharted waters and we want to ensure they are left just as we find them. Prana by Atzaró's code of conduct makes your experience as safe, enjoyable and educational as possible.

CONSERVATION AWARENESS

Please be guided by your Cruise Director because some of the waters we sail are protected as National Parks and may have special rules and regulations.

1. We expressly forbid the capturing, collecting, harvesting or disturbing any living natural resources including plants, animals, fishes and other marine life.
2. We expressly forbid gathering or disturbing any non-living natural resource including the taking of dead coral, shells or stones.
3. Please observe environmentally friendly universal rules of diving at all times.
4. Keep optimum buoyancy and stay a safe distance from the coral and marine life.
5. Keep all gauges and equipment safely secured to minimise the risk of damaging coral and other marine life or getting tangled causing risk to personal safety.
6. Be mindful of where you place your fins and do not walk on coral and marine life.
7. Underwater photography is encouraged but can also be distracting so please practice all of the above with extra caution. Taking photos does not exempt you from the rules of good environmentally respectful diving practice.
8. Do not under any circumstances throw litter into the ocean.

DIVE SAFETY

1. All divers must be certified by a recognised international training agency or be undergoing their SSI or PADI training aboard Prana. We have no decompression limit because we only offer pleasure diving.
2. All divers must be physically fit to dive and must sign a liability waiver. A guardian or parent must do this on behalf of any minors..

3. All divers must show insurance including cover for medical evacuation and treatment for dive related injuries including decompression sickness
4. Do not use alcohol, drugs or caffeine while diving and stay hydrated.
5. Ensure your diving equipment is in good working order, well maintained and appropriate.
6. Attend all dive briefings and comply with depth limits, time limits, and other instructions.
7. All divers must carry a surface marker buoy, whistle, air horn or another appropriate auditory signalling device.
8. Recommended items include a compass, knife or line cutter, and back-up auditory and visual signalling devices.
9. Personal dive computers are recommended but make sure you are familiar with their function.
10. Adhere to responsible depth limits and profiles. Those diving repetitively over multiple days should be cautious about dive profiles and safety stops. Always have at least 40 bar in your cylinder at the start of your safety stop.
11. When ascending do so at 18 metres per minute.
12. Avoid repetitive dives to increasing depths if possible and have at least an hour surface interval between dives.
13. Take a 3 to 5-minute safety stop at 4 to 5 metres or 13 to 16 feet at the end of every dive.
14. Do not take long hot showers or baths after diving.
15. Report to the dive leader any changes in your physical condition.
16. In the case of accident or emergency, it is every diver's responsibility to assist to the extent of their training and fitness. Always alert your dive master. Do not undertake assistance which puts you at risk.
17. Do not fly or ascend to altitudes over 2,500m or 9,000 ft within 24 hours of your last dive.

