



PRANA
BY ATZARO



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	1
Scuba Diving on Prana by Atzaró	3
Komodo Diving Safari	5
Exploire Banda's Underwater Paradise	7
Discover the Deep in Raja Ampat	9
Code of Conduct	11

Diving Courses & Experiences

Your voyage on Prana offers the opportunity to become a qualified diver. Our team can arrange PADI certified dive courses offering you the opportunity to get the most out of your experience of the stunning underwater world of the spectacular Indonesian archipelago.

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 4 dives to a maximum depth of 18 meters. It qualifies you for life, to dive with other certified scuba divers, worldwide. We ask that you complete the first 2 parts of your training, e-learning theory online and the confined session in your home country before arrival. Ask your instructor for a referral document so you can complete your course with us on Prana by Atzaro.

REFRESHER COURSE SSI-PADI

If you have already got a PADI, SSI or other internationally recognised qualification but have not been diving for a year or more, you really should refresh your skills. This option is the perfect update to make sure you are safe, confident and comfortable during your adventures and completely free of charge onboard.

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 to a maximum depth of 30 meters and the course takes you on 5 speciality dives including Underwater Navigation, Deep Dive and the 3 other specialities are entirely up to you. We suggest you choose between Peak Performance Buoyancy, Fish ID, Underwater Naturalist, Digital Underwater Photographer, Night Dive, Multi-Level Dive Planning or Drift Diver.

DIVING COURSES ON PRANA

Once you complete all the online learning, final exams and the confined underwater session in your home country, you can bring with you what is known as a "referral notice" from the instructor that you started your course with at home. Once onboard, you will be asked to complete a short quiz so that we can test the retention of your diving knowledge. You will also be required, as we have not dived with you before, to complete an underwater skill circuit so that we are confident that you are proficient and comfortable underwater. You can then complete the remaining 4 dives of your open water course with us. Additional costs will be incurred as we typically have to fly an instructor to the boat for the duration of your cruise who, after you complete your course, will then become your dive guide for the remainder of the cruise. His/her daily salary, travel expenses and additional food costs will be added to the overall bill at the end of the trip plus \$250 USD per student for completing the referral onboard.

Please be sure to consult with the rest of your party and make them aware that 2 or 3 days will be at beginner-level dive sites.

Scuba Diving on Prana by Atzaro

Prana is well equipped with all the latest diving gear from BCD's and booties to aluminium cylinders and regulators, which are all serviced regularly. Nitrox is also available for those who prefer and who are qualified to use it. If you want to bring your own equipment, feel free but please ensure its all-in good working order. There is no charge for using any of our dive or snorkel equipment during your expedition with us.

Komodo Diving Safari

With well over 30 dives sites ranging from calm beginner to extreme currents suitable only for expert divers, 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 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 (28-30 °C) but the water temperature can dip below 77°F or 25°C (20°C in south Komodo) so we advise that you bring some extra layers of neoprene or a hood as well as basic swimwear. We offer 3mm full wetsuits onboard free of charge.



TATAWA BESAR

A magical drift dive which begins in the north-western part of Tatawa which can be followed down the eastern side of the island. The reef is about 8 to 30 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.

CASTLE ROCK

A famous seamount, usually with excellent visibility, where the current flows from east to west on a rising tide and vice versa on a falling tide. Friendly batfish, schooling barracuda, giant trevally, mackerels and reef sharks swarm in approximately 20 to 30 meters of water along with large schools of fusiliers. 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.

CRYSTAL ROCK

Castle Rock's sister site, this pinnacle 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 similar to Castle Rock, brings with it huge schools of fusiliers. 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 anthias and schools of yellow-ribbon sweetlips. A mount to the north west also attracts schools of fish seasonally including tuna and Spanish mackerel.

MAKASSAR REEF - KARANG MAKASSAR - MANTA POINT

This is one of the most exceptional spots in Komodo to spot 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.

CANNIBAL ROCK

The macro lovers' choice, this dive site is a small seamount in Horse Shoe Bay between Rinca and Nusa Kode Island. Fed by the nutrient rich but cooler waters of the Indian ocean this site offers a huge range of invertebrates including pygmy seahorses, frogfish are dotted amongst the florid, prolific soft coral. Schools of two spot snappers, surgeonfish and occasionally schooling mobula rays flow through the depths. Be amazed at the unusual nudibranchs, fire urchins hosting Coleman shrimp, sea apples and other species of echinoderms.

MANTA ALLEY

This site is made up of a group of tiny rocky islands in the bay of South Komodo. Fantastic for both snorkelling and diving, the manta's hang out here often on a rising tide. 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 points are at the north west side near a coral mound 5 to 15 metres below the surface or on the south west side known as The Arena. The water is cooler here and the reef is pristine with very little damage and sometimes attracts passing Mola Mola.

Explore Banda's Underwater Paradise

A group of remote islands 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. It is not uncommon to see blue whales, sperm whales and many other cetacean species on their annual migrations in these waters.

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 schooling hammerheads, various 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. Due to the depths involved on most dives, especially in hammerhead season (October-November) we recommend that all divers are Nitrox certified.

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 honeycomb 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.

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.

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 Acropora 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 a site of great interest to researchers and tourists alike.

PULAU SERUA

An active volcano alone in the middle of the Banda Sea. Home to the dive site known as Jackpot that often attracts schooling hammerhead sharks. Steep walls adorned with huge gorgonian fans and the pristine shallow reefs bustle with varied marine life such as bumphead parrot fish, schooling big eye jacks while great barracuda patrol the reefs in search of their next snack. Some of the largest sea sponges you'll ever see surrounded by thousands of colourful butterfly fish.

PULAU MANUK

Another lone volcanic island in the Banda Sea made famous for having a large population of sea snakes. It is thought that the snakes congregate in deep waters by the hydrothermal vents of the volcano. Its not uncommon to see 30 or 40 sea snakes on one dive. Fear not, these snakes, although highly venomous, are very docile and make great photography subjects with a pristine reef and black volcanic sands as a dramatic backdrop.

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 oceanic 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 still miss some sites worth mentioning. 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. Encompassing 40,000 km² of land and sea and including a series of more than 1,500 islands which surround the main islands of Misool, Salawati, Batanta and Waigeo you can understand why we can only list the main ones as there are many more.

MIOSKON

This is one of the first dives 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, an ambush 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.

BLUE MAGIC

This is an underwater lozenge shaped seamount that on top starts at a shallow depth of 6 to 10 metres falling steeply away to a maximum depth of approximately 35 metres. Ripping currents attract not only the majestic oceanic manta rays but also the prodigious predators of the reef such as dogtooth tuna, big eye trevallies, black and white tip reef sharks and even grey reef sharks 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.

MANSUAR AND SAWANDAREK

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 that is best dived 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 bumphead parrot fish, napoleon wrasse and schools of curious batfish. Another great dive is outside the village of Sawandarek. You can expect to see huge green turtles chilling out amongst the extensive coral gardens, big schools of trevally, yellow tail and chevron barracuda and if your eyes are still good our guides will point out the tiny Pontohe pygmy seahorse.

PIAYNEMO

This island has three absolutely amazing sites. Melissas 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 strong. Some of the finest hard coral gardens you are likely to ever see pulsing with blue chromis and other damsel fish make this a very active dive site. Anitas Garden is a 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 adrenaline fuelled down currents. Some of the marine life abundant here includes blacktip and whitetip reef sharks, eagle rays, batfish and fusiliers, trevallies, tuna and barracuda.

YANGEFFO

On the other side of Yangeffo 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 and occasional eagle rays. See if you can spot a wobbegong shark camouflaged on the sandy bottom while distracted by darting fusiliers and the wonders of nudibranchs and cleaner shrimps. There is also a chance of seeing Bargibanti and Denise pygmy seahorses here hiding in the brightly coloured Gorgonian sea fans. 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 big eye jacks. This begins at a depth of 6 or 7 metres and descends to about 40.



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

Prana by Atzaró is a proud sponsor of the Misool Foundation that supports conservation, education and regeneration in the Indonesian Archipelago.

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 or cigarette ends 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 excessive 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 50 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, baths or deep tissue massages 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

