



Solomons Freediving Sensational Munda '18



Untouched Beauty, Historic Wrecks &
Abundant Marine Life
SOLOMONS FREEDIVING HOLIDAY

The best freediving experience in the most diverse tropical waters.
Discover historic wrecks, colourful marine life and vibrant reef.
Enjoy your amazing fully guided freediving holiday in this boutique
small group tour.

phone: 0412 082 171

email: freediving@watermaarq.com.au

watermaarq.com.au

Solomons Freediving Tour Information

SOLOMONS FREEDIVING HOLIDAY

Welcome to your boutique small-group tropical freediving holiday for 9-days / 8-nights!

The Solomon Islands are known for their untouched beauty, historic wrecks & abundant marine life. Travel with us to the island of New Georgia and settle into Munda for a taste of the most diverse freediving you can enjoy in one place.

Adventurous types will adore the island life, its culture, the local food and spirit of the people. Immerse in the clear blue waters where you'll discover thriving vibrant reefs, colourful marine life and historic World War II wrecks. A holiday designed for level one, two and three certified freedivers, you'll visit incredible sites ranging in depth from just a few metres to 30m depth.

You are going to enjoy an amazing fully guided freediving holiday in a boutique small group in a freedivers underwater playground.

ABOUT MUNDA

Munda is the place for underwater explorers who like the unspoilt nature of destinations that are wonderful in their raw form. Located near the junction of the Roviana and Vona Vona Lagoons, on the north-eastern corner of New Georgia Island, Munda is a direct flight from Brisbane. Munda was an important military airfield base during WWII and relics from this period are scattered throughout the region. The Roviano people have a colourful cultural history of animist religions and tribal wars. The area was once the centre for head hunting and some "eerie trophies" from this by-gone era are still visible on Skull Island.

HIGHLIGHTS

- 9-Days / 8-Nights
- For Level 1 certified freedivers and higher
- Daily freediving excursions in 5-20m depth (Target: 6x days minimum)
- WWII Museum and Skull Island tour
- Includes accommodation (single occupancy) – Agnes Gateway Hotel
- Meals included (Full board B/L/D, excluding beverages)
- Return flights to Munda (ex-Mel/Syd/Bris)
- Boutique, small group tour, minimum four guests



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FREEDIVING SCHEDULE

The freediving in Munda is unbelievable. Spectacular reefs, some dropping off to over 600 metres, with plenty of tropical and pelagic fish to distract you.

Regular sightings of Grey Reef, Black tip and White tip sharks are possible. Colourful clown fish and schools of Sergeant Major fish will delight you.

The diversity of the dive sites in Munda is the most amazing thing, having wrecks, reefs and walls all in one place is a very rare thing. Not to mention the scenic beauty of the fishing villages, waterways and local people going about their business as you travel to your next site.

DAY 1- SATURDAY:

Morning: Depart Brisbane for Munda

Afternoon: Check-in

DAY 2 - SUNDAY:

Morning: Own time

Afternoon: Hopei Island Visit

7pm: Welcome Dinner

DAY 3 - MONDAY:

9am: Susu Hite

2pm: Patu Gogo

DAY 4 - TUESDAY:

7-11am: Kashi Maru (18m) & Alice in Wonderland / Wildcat

Sunset: Night Snorkel

DAY 5 - WEDNESDAY:

9am: Douglas Dauntless Bomber (12m)

12pm: Skull Island Tour + Kustom Lunch

DAY 6 - THURSDAY:

9am: Eagles Nest

2pm: Blue Pyjamas

DAY 7 - FRIDAY:

7-11am: Lighthouse Point and Dream Island

4pm: Military Museum Tour

DAY 8 - SATURDAY:

7-11am: Bigo Bigo and Marlon's Crack

7pm: Farewell Dinner

DAY 9 - SUNDAY:

Morning: Depart Munda for Brisbane

*Note: All dive wrecks in the Solomons are National Heritage and the pilfering of these wrecks is **not** permitted. The plan may change according to weather, tide and sea conditions on the day.*

FREEDIVING CONDITIONS

Solomon Islands are renowned for having some of the best diving in the world. Crystal clear water with temperatures ranging between 27-30° C, provide the perfect opportunity to enjoy every freediving excursion on tour. Visibility is excellent, consistently 20 metres if not more.

We recommend at least a 2.5mm wetsuit for the tour to enjoy the best freediving experience.



Solomons Freediving Tour Information

FAQ

GEAR & EQUIPMENT

We recommend at least a 2.5mm wetsuit for the tour to enjoy the best freediving experience. Be mindful that you will be exposed to the sun during boat transfers and on the surface during freediving sessions. Dive weights are available on Munda and are threaded 3lb blocks for belts.

ENTRY & VISA

U.S. , British, Commonwealth and E.E.C visitors do not need to obtain a visa before arrival. (Subject to change)

MEDICAL & HEALTH

Dental, doctors and hospital services are available in major centres. There is a recompression chamber in Honiara. Malaria is a problem in the Solomon Islands, and anti malarial precautions are highly recommended. It is advisable to bring your own toiletries, medication and precautionary preparations (particularly for sinus and ears) as local supply may be extremely limited.

CURRENCY

The currency of the Solomon Islands is the Solomon Dollar. Most major credit cards are accepted at the majority of hotels. There is an ATM available at Honiara airport and at Munda. Credit cards are accepted at Agnes Gateway Lodge. 1 AUD = approximately 5 Solomon Dollars (2017)

CLIMATE

The Solomon Islands enjoy a tropical climate with daytime temperatures averaging 29C and evening temperatures averaging 19C. April to November is the most popular time to visit as the climate is very pleasant with little rain.

CLOTHING AND ATTIRE

Light and casual clothing is advised, but not too brief in public places. Swimwear is not permitted in the public areas of hotels, appropriate attire is recommended. Remember to cover up with light cotton clothing at dusk and dawn to prevent mosquito bites. Sun protection is absolutely essential.

POWER / ELECTRICITY

Australian 3-pin type plugs. 240 volts AC, Plug I (Australia).

WATER

Tap water **should not** be consumed. A jug of drinking water will be supplied by most hotels and bottled water is sold everywhere. Be mindful that alcoholic drinks will increase the effects of dehydration.

PHONE / WI-FI / INTERNET

Limited wi-fi and internet services are available whilst staying at Munda. You can best prepare by purchasing international roaming packs in Australia, temporary SIM cards and / or data packs to supplement the wi-fi availability depending on your access needs.

FREEDIVING PREPARATION

The tour has been designed with easier dives earlier in the tour and increasing in demands over the week. To prepare, regularly practice soft, easy equalisation (dry or wet) to ensure your ears are ready for a full week of daily freediving. You will be equalising your ears under much more frequently and for longer than normal. It is vital that you take care of and manage them properly. This will better avoid irritation, inflammation, damage and injury. It is also advisable that you arrive freediving fit as best you can. General fitness is an aid to how you manage the tour. General breath-hold fitness training preparation will benefit you, however it is best to arrive fresh and at full health.

Solomons Freediving Tour Information

The Solomon Islands are located 1860 kilometres to the North-East of Australia. Shaped by earthquakes and volcanic activity thousands of years ago, the Solomons consist of 922 islands, hundreds remain uninhabited.

Hundreds of ships and aircraft litter the ocean floor, providing divers with a wide range of wrecks for scuba divers to explore. These machines and war relics now form spectacular, artificial reefs which attract masses of fish and an incredible variety of coral life.

The coral reefs around the Solomon Islands are some of the healthiest and diverse in the world. The islands define the entire eastern tip of the Coral Triangle, a geographic term to describe the area that possesses the world's highest levels of marine biodiversity. Furthermore, because of its geographical location, the islands have a variety of endemic or range-restricted fishes. White bonnet anemonefish and hybrid butterflyfishes are often a treat to see amongst the thousands of varieties of reef fishes that are common within the Coral Triangle.

WRECK DIVE SITES - AN INTRO!

KASHI MARU (18m)

The Kasi Maru, a Japanese freighter, was bombed while anchored and is only twenty meters from the shore. The ship lies in an upright position with a slight list to the port. Visible from the surface all the way to the bottom, this site is an excellent one for developing your confidence whilst you explore all the elements of the wreck. Wreck penetration freediving is not permitted.

WILDCAT FIGHTER (15m)

Freedive the American "Wildcat" fighter plane in 15m depth. The Wildcat (F4F) is completely intact and lies upside-down in 15 meters.

DOUGLAS DAUNTLESS BOMBER (12m)

The Dauntless was shot down on the 21st of June, 1943. The pilot, Jim Dougherty, was shot down near Kindu point. He then attempted to fly back to Yandina in the Russell Islands. Unfortunately, the aircraft could not reach the Russells, and Jim Dougherty made a crash landing in the waters just off Rendova. Miraculously, he survived the crash, and managed to swim to a nearby American hospital; all this on his 21st birthday. In 1995, Jim returned to Munda to visit and dive his old plane on the anniversary of the day he was shot down. It's a spectacular craft that you'll enjoy seeing as it rests on the sand.

