



Before diving with us:

This is the Atlantic Ocean, follow exactly what your Instructor or Divemaster advises you to do.

There is a lot to see in the waters around us, but remember that in Nature nothing is guaranteed.

The greatest opportunities to see spectacular things are when we head to the offshore dive sites.

Preparing, loading and unloading the boat and diving itself requires some physical fitness and organization.

Because we are in the middle of the Atlantic Ocean, you should prepare against sea sickness should you suffer from that.

We only offer trips with 2 bottles (may change due to weather conditions).

Mantamaria always performs 2 dives in each trip, with a surface interval. Failure to do one of the dives will not be refunded.

Afternoon dive trips are available.

Note: All activities are prepaid.

It is mandatory:

- To Submit your Certification and always bring it with you.
- To Present the logbook upon arrival.
- To have a valid **Diving Insurance**: If you do not have a valid Diving Insurance you must apply for one at the Diving Center and it will be charged as an extra.

Travel insurance is not valid for diving unless explicitly stated as Diving & Travel insurance.

- A Medical certificate of diving suitability (up to 40 years old is valid for 2 years, from 40 years old it is only valid for 1 year).

To do **offshore** dives (such as Ambrosio and Formigas) you must be Advanced Open Water Diver or equivalent.

For safety reasons, it is mandatory for anyone who has not dived for more than six months to do a Refresh Dive before diving with us.

You will need to read, sign and submit our "Terms and Conditions" during your check-in.