



**PERI-PERI  
DIVERS**



# OTHER ACTIVITIES

**OCEAN SAFARI  
PADI FREEDIVING  
COMPLEMENTARY YOGA  
SPA SERVICES  
SURFING**



tripadvisor®





## DIVING | OCEAN SAFARI | PADI FREEDIVING

COMPLEMENTARY YOGA, SPA SERVICES & SURFING

### OCEAN SAFARI USD 45.00

For the non-diving enthusiast, Peri-Peri launch daily ocean safari's, or open-ocean swimming trips, viewing Tofo's "Big 5", namely the giant and curious Whale Sharks, Manta Rays, Devil Rays, Turtles, Dolphins and Humpback Whales (in season).

In conjunction with the neighbouring research facility here in Tofo "the foundation for the protection of marine megafauna" (MMF), Peri-Peri can offer you a trip that for many visitors is the highlight of their stay in Africa. Every safari has a resident postgraduate student on board giving you all the information you ever need and wanted to know about these inspiring creatures. The trip lasts for 2 hrs and requires no special training and is aimed towards the non-diving enthusiasts wanting a relaxed view of Tofo's fantastic marine life.



### EQUIPMENT RENTAL

Add to non-equipment price of USD 35.00 any of the equipment required below.

### SOFT GEAR

Fins	USD 2.00
Mask + Snorkel	USD 2.00
Rash Vest	USD 2.00
Wetsuit	USD 5.00



We obviously want everyone to leave here with a smile on their face. Should you not have any encounters on your first outing, we do offer a second chance to go again. Yep! that's right, if there is space, although there are some conditions.

1. It is paying guests first, but if there is space, away you go. If it's full, then it's full.
  2. If you need to hire equipment it will be charged at the standard prices listed above.
  3. If there is an overlap of guests to spaces, then a lotto draw straw happens, let the bargaining begin!
  4. The trip has enough paying guests to go (4 guests minimum).
  5. The weather conditions permit (in the view of Peri-Peri, not another dive school).
- So it's never guaranteed that you will have that opportunity for the second shot, but at least we can try.



## DIVING | OCEAN SAFARI | PADI FREEDIVING

COMPLEMENTARY YOGA, SPA SERVICES & SURFING

### PADI FREEDIVING COURSE PRICE USD 320.00

Freediving is about inward power, discipline and control. If you've always wanted to enter the underwater world quietly, on your own terms, staying as long as your breath allows, then freediving is for you. Taking the PADI Freediver Course is your first step towards discovering why freediving is becoming a popular way to explore the world beneath the waves.

### Overview

The PADI Freediver Course introduces the student to static, dynamic and constant weight freediving knowledge and skills. It is intended for the freediving enthusiast, as opposed to the casual snorkeler or skin diver, so it emphasizes the specialized breathing techniques, equipment, procedures and associated safety issues. Students complete the knowledge development using the Freediver portion of the PADI Freediver Touch, followed by the Freediver Confined Water Session, and Freediver Open Water Session One and Two. PADI Basic Freediver is a subset of the PADI Freediver Course. Basic Freedivers only complete the knowledge development and confined water sessions.

### Goals:

- Static Apnea | 1 min 30secs
- Dynamic Apnea | 25min
- Constant Weight Dive | 10min

### Prerequisites:

- Basic Freediver Course | 12 years old
- Freediver Course | 15 years old





## DIVING | OCEAN SAFARI | PADI FREEDIVING

### COMPLEMENTARY YOGA, SPA SERVICES & SURFING

#### COMPLEMENTARY YOGA

**FREE**

Complementary yoga is available for all diving clients of Peri-Peri Divers run and practised with our very own YOGI TEACHER, Martina Counsel.

Enjoy the amazing sunset over the mangroves of Tofo from our raised pool area while increasing strength, and stretching those all too important muscles that are essential for the amazing diving here in Tofo.



Yoga is the perfect accompaniment for Freediving and Scuba Diving, as even the fittest of divers can find the stresses of diving induce fast heavy breathing (scuba obviously). That's where yoga comes in. Like Scuba, yoga places emphasis on proper inhalation and exhalation, as breathing is considered the essential connection between body and mind. Yoga also strengthens and stretches muscles that are important in diving. This all adds up to more relaxed and stress free quality time underwater. So please ensure you make the most of it.

#### SPA SERVICES

##### Happy Nails & Spa

Tofo's locally owned and operated by Martina at Happy Nails & Spa! Outstanding spa treatments in Rejuvenating Facials, Manicure & Pedicure, Massages & Waxing. Pre-booking is essential.



#### SURF HIRE AND SURF LESSONS

Board Hire from **USD 9.00**

Lessons from **USD 52.00**

Just in front of Peri-Peri, Tofo beach offers the perfect location for beginners to learn to surf, with small waves usually breaking throughout the day. There are also breaks for the more advanced.



THANK YOU SO MUCH FOR TAKING THE TIME TO READ AND PLEASE FEEL FREE TO CONTACT US SHOULD THERE BE ANYTHING ELSE YOU NEED | HAPPY DIVING!