



## Activities 2010

### Activities

#### Inclusive within rates

**Forest trails, beach walks and estuary boat rides:** Vamizi Island is home to a great variety of flora and fauna. A myriad of trails will take guests through the coastal forest and along the beach, stopping off in deserted sandy coves for a cooling swim. On the way, look out for samango monkeys and giant coconut crabs, as well as a multitude of forest and coastal birds. Estuary boat rides provide a different way to see the wildlife; the water beneath the boat is so clear that you can see all the fish and coral beneath you whilst meandering through the mangrove trees in search of kingfishers and green herons.

**Picnics:** Picnics can be arranged in various deserted locations around Vamizi Island. The lighthouse on the easternmost side of the island is a favourite with honeymooners. Guests can get the ultimate desert island experience- in luxury, of course!

**Sea kayaks, windsurfers and Hobie Cats:** Guided or solo kayaking adventures take you through the mangrove-lined estuary and out onto the shallow reef beyond. Hobie Cats and windsurfers are also available for those who want to feel the wind in their hair and the chop of the surf.

**Dhow sailing:** Vamizi Island has a traditional sailing boat called a dhow which can take you out exploring the coral reefs around the island. The dhow ride at sunset is a beautiful way to see out the day with a glass of chilled wine at hand.

**Snorkelling:** Vamizi Islands coral reefs offer a plethora of amazing life to see under the surface; there are over 9 different snorkelling sites around the island.

**Turtle watching:** Vamizi is home to green and hawksbill turtles. The green turtles come up onto the beach to nest and guests, if lucky enough to be there in season, can watch this amazing sight.

**Village visits:** Visits to the local villages can be made to experience the lifestyles, customs and traditions of the island's community.

#### Exclusive of rates

**Boat trips:** Day trips by boat with a picnic lunch are available on request.

**Whale watching :** Trips to watch humpback whales are available, in season (from July to September).

**Diving:** A marine survey has identified over 400 species of fish and a great diversity of unbleached coral reefs around Vamizi Island. There are 15 main dive sites catering to all abilities, from shallow dive sites for beginners to vertical (wall) dives for the more experienced diver.

**Fishing:** Vamizi Island offers world-class fishing:

**DEEP SEA FISHING:** For keen blue water fishermen, the vertical drop off beyond the reef teems with game fish, including wahoo, giant trevally, yellowfin tuna, sailfish and marlin.

**SHORE-BASED FISHING:** For fly-fishermen, 12 different species of fish have been caught on fly to date. Fly fishing equipment is not currently available, so please bring your own.

**Wellness and holistic treatments:** Massages, beauty treatments and selected ayurvedic treatments are available and carried out in the privacy of your own villa. Treatments can be arranged upon request on arrival at Vamizi.

## Activities 2010

### Rates

Valid 1st January to 31st December

Activity	Rates (USD)		
PICNICS	complimentary		
FOREST TRAILS, BEACH WALKS & ESTUARY BOAT RIDES	complimentary		
VILLAGE VISITS	complimentary		
SEA KAYAKS, WINDSURFERS & HOBIE CATS	complimentary		
DHOW TRIPS	complimentary		
SNORKELLING	complimentary		
<b>BOAT TRIPS</b>			
Whale watching (2hrs) in season (per hour)	200		
<b>FISHING</b>			
Full day fishing trip (8 hrs) for exclusive use offshore (per trip)	1000		
Full day fishing trip (8 hrs) for exclusive use inshore (per trip)	800		
Fishing trip for exclusive use (per hour)	150		
<b>DIVING : PADI COURSES</b>			
Discover scuba diving/resort dive (per person)	150		
PADI scuba diver (per person)	450		
PADI open water diver (per person)	750		
PADI adventure diver (per person)	400		
PADI advance open water diver (per person)	550		
Single training diver (per person)	100		
<b>DIVING: EQUIPMENT HIRE</b>			
Single dive with full equipment	75		
Double tank dive with full equipment	140		
Dive package (5 dives with full equipment)	355		
Dive package (10 dives with full equipment)	675		
Single dive with tank and weight belt	60		
Double tank dive with tank & weight belt	110		
Dive package (5 dives with tank & weight belt)	285		
Dive package (10 dives with tank & weight belt)	540		
<b>MASSAGES, SCRUBS &amp; YOGA</b>			
Balm for the Body	30 mins	50	
Ocean Delight	30 mins	50	
Beach feet	30 mins	50	
Good Enough to Eat	30 mins	50	
Swedish massage	full body	1 hour	100
	neck, and shoulders	30 mins	60
Aromatherapy	full body	1 hour	100
	neck, and shoulders	30 mins	60
Deep tissue	full body	1 hour	100
	neck, and shoulders	30 mins	60
Foot massage, reflexology		30 mins	60
Indian Head massage		30 mins	60
Reiki, reflexology		30 mins	50
Lymph drainage		1 hour	100
Hatha yoga private tuition		1 hour	100
Hatha yoga group class		1 hour	25

## Diving at Vamizi

### Vamizi's waters



Vamizi's waters contain a plethora of marine life. The island is ideally situated where the south equatorial current splits- heading north to Tanzania, and south towards the eastern coastline of South Africa. These currents contain large resources of microscopic plankton and krill, a major food source which supports the vast array of species found within the coral reef system.

A recent survey carried out on the waters of Vamizi identified 46 genera of coral species, with more than 400 species of fish. This number, according to studies carried out by scientists at Vamizi, represents over half the number of reef-associated species for the whole of Mozambique.

Even more promising, the waters here have been deemed one of the healthiest coral reef ecosystems in the world, abundant with what ecologists term 'indicator species'. These species are so sensitive to changes in the marine climate, that they are the first to disappear if there is a change in reef conditions, including temperature and pH as well as human interferences, such as over-fishing. Vamizi and its surrounding coral islands provide a much-needed refuge for marine biodiversity.

Many of the coral reefs along the East African coast have been marred by bleaching, a condition where the coral dies off owing to thermal stress. El Nino in 1998 wiped out 95% of the world's coral reefs; Vamizi represents a portion of the remaining 5% of the global unbleached reefs. Vamizi Island's proximity to upwelling cool deep water prevents this thermal stress and allows the coral to flourish. Vamizi and its environs provide a sanctuary and potential re-stocking ground for corals which have died out elsewhere in the Indian Ocean.

Widespread sea grass covers the sea bed and the coastline is fringed with mangrove forests, which provide an extensive nursery area for the fish. It is thought that these nurseries are one of the most important breeding grounds to replenish fish stocks for the sea surrounding Mozambique.



### Seasons



There are two monsoon winds that prevail along the Mozambique coast: the *Kusi* (Southern monsoon) blows from April to November and the *Kaskazi* (Northern monsoon) blows from December through to March.

The winds play a big part in the migratory patterns of most pelagic game fish, and as a result, different times of the year are better for certain species.

#### Best time of year for diving:

The best time of year to dive is from September to November, when the sea is calmer, the ocean currents are not as strong and the water temperature is a pleasant 26 to 28 °C.

There are fifteen main dive sites around Vamizi Island, with more being discovered all the time. There are dive sites to cater for all diving abilities, from the novice and experienced divers alike.

### Dive sites



#### Dive Sites for All Levels:

**Ponta Papagaio, Skunk Alley, Middle Point, Cave Wall, and Chamonix Express:** these sites are located along the wall at the point and can be dived at depths ranging from 10-30m. Beautiful sloping topography, expansive coral beds and teeming reef fish, make a dive on these sites an absolute must. Due to the close proximity of deep water, the bigger game fish frequently pass by and during the winter months the haunting song of the humpback whales can often be heard. We frequently see garden eels waving the current, larger groupers, nudibranchs and many more. If you are lucky you may even glimpse the impressively large endangered bumphead parrotfish.

## Diving at Vamizi

### Dive sites contd.



### Rates



**Canal Walk:** these shallow beautiful dive sites are not to be missed. Beautiful coral bommies, surrounded by white sands with lots of nooks and crannies in which to seek out small treasures. Home to N Napoleon wrasse, a variety of morays, flat worms and much more.

**Babylon:** drift over a beautiful landscape of hard and soft corals sloping gently from 8-30m with a good chance of seeing turtles, schooling barracudas, rays, pufferfish and nudibranchs.

#### Advanced Dive Sites

**Volcano:** drop into the deep abyss of lettuce coral encrusted "dunes", a uniquely different dive site where you have a good chance of encountering eagle rays, napoleon wrasse and many pelagic fish including tuna and schooling barracuda.

**Fraggle Rock:** an awe inspiring wall and pinnacle rising up from the depths, huge gorgonian fans and whip corals and impressive green coral trees.

**The Crack and Tuki Point:** these walls are located in the middle of the point, leading off into the big blue. Plunging to depths of over 200 metres, large gorgonians and whip corals cling to their vertical sides. Coral and fish are there in abundance supplies and nearby deep water often attracts the larger fish which prey on the numerous reef fish.

**Neptune's Arm:** undoubtedly Vamizi's underwater treasure ! Situated on the edge of a shrunken island 6 miles south of Vamizi, Neptune's Arm is the jewel in the crown. The walls plunge dramatically to below 800 metres. Mingle amongst the giant kingfish batfish, walls of snapper and huge grouper to name but a few. This pristine reef has an abundance of hard and soft corals and vast beds of anemones swaying in the current. Neptune's arm is also home to large numbers of grey reef sharks and countless other pelagic fish. Unfortunately very strong currents and challenging conditions make this site suitable for divers with an advanced qualification only.

**Discover Scuba Diving** – USD 150 per person (For ages 10 and over): Your first experience of the underwater world starts with a brief explanation and then your first underwater breaths in the lagoon followed by a reef dive from the boat.

**PADI Scuba Diver** – USD 450 per person : In 2 days you can obtain a diving license to dive to a max depth of 12 meters under the supervision of a Dive Master or a Dive Instructor. You get a lifetime certification valid worldwide. PADI manual, logbook and certification fees are included.

**PADI Open Water Diver** – USD 750 per person: In 3 ½ days you can obtain a full license to scuba dive independently in buddy teams to a max depth of 18 meters. You get a lifetime certification valid worldwide. PADI manual, logbook and certification fees are included.

**PADI Adventure Diver** – USD 400 per person: The next step: 3 Adventure dives of your choice. You get a lifetime certification valid worldwide. PADI manual, logbook and certification fees are included.

**Single Training Diver** – USD 100 per person: Interested in trying a deep dive, a drift dive or any other dive of your choice? We give you the proper training and it will be credited towards your Adventure Diver or Advanced Open Water Diver certification.

**PADI Advance Open Water Diver** – USD 550 per person :For certified divers only. Obtain a license to dive to a max depth of 30 meters. PADI manual, logbook and certification fees are included.

## Fishing at Vamizi



### Blue water fishing



### Shore based fishing



### Equipment



### Fishing seasons



### Rates

All rates valid until 31st December 2010, but are subject to change.

Vamizi Island is surrounded by deep water and healthy corals, which provide a bountiful habitat for a multitude of fish species. Over 50 mainstream fish species are present, and whilst some species are migratory, most do not have to venture far to feed, and are present in large numbers year round. The beauty of fishing at Vamizi is also in its remoteness; there are no other fishing boats in the area, allowing fishermen exclusive rights to the waters.

Vamizi is close to the world-famous St. Lazarus Banks, home to large populations of blue water game fish, including yellowfin and dogtooth tuna, wahoo and dorado, marlin and sailfish. One does not have to journey far from the shore to fish: spectacular drop-offs a kilometre from the shore mean short travel times to the main fishing grounds, the closest being 10 minutes and the furthest only 80 minutes from the shore.

Fishing disciplines practiced at Vamizi: Trolling/ trawling, jigging, live bait, popping, drop shot, bottom fishing and blue water fly fishing.

Owing to Vamizi's proximity to large drop-offs, it is not unusual to be able to land some of the larger pelagic fish and reef fish which stray into the shallows. Garfish, milkfish and needlescale queenfish are commonly caught off the shore; bonefish are currently more rare, owing to their stocks being depleted by local fishermen, but implemented community conservation projects, involving the local fishermen, will see the stocks rise very quickly. Shore-based fishing is done on a catch and release basis only, in order to ensure stocks rise for the future.

**Boats:** A 25 foot Magnum is the queen of the Vamizi Island fleet. Equipped with the latest electronics, this boat is designed to withstand the wildest oceans, whilst ensuring the most comfortable ride. There are other smaller uncovered boats which can be used inshore, closer in to the island.

**Fishing tackle:** All the fishing tackle used is top-of-the-range, up to date and of the highest quality. Full supplies of fly fishing equipment will be available from September 2009. In the meantime, guests who want to fly fish are encouraged to bring their own equipment.

The fishing at Vamizi can be enjoyed on a year-round basis, although some species are more prolific at specific times of the year, owing to the monsoon seasons.

There are two monsoon winds that prevail along the Mozambique coast: the *Kusi* (Southern monsoon) blows from April to November and the *Kaskazi* (Northern monsoon) blows from December through to March.

The winds play a big part in the migratory patterns of most pelagic game fish, and as a result, different times of the year are better for certain species.

**Full day fishing trip (8hrs):** boat hire for exclusive use off shore USD 1000 per trip

**Full day fishing trip (8hrs):** boat hire for exclusive use in shore USD 800 per trip

**Fishing trip boat hire for exclusive use per hour:** USD 150 per hour

**Shore-based fishing (catch & release only) - USD100 per person per stay**

































































## Activities 2010

### Activities year planner

Valid 1st January to 31st December

	Year round
	Peak months
	Not as common around Vamizi
	Not present at Vamizi



Activity	Month											
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Diving												
Snorkelling												
Fishing												
Turtles												
Whales												

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