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Discover southeast Tanzania's underwater paradise and explore our outer reef, pinnacles, patch reef and deep channels for an exhilarating encounter with East Africa's most diverse marine life.

● Introducing **eco₂**



eco₂ is the first and only diving, marine research and education centre in southeast Tanzania. Opened in 2004 and based in Mikindani town, we provide low-impact, eco-aware scuba diving and dive safaris, and promote marine environmental education through applied research.

Mikindani Bay and Mnazi Bay on the southeast coast of Tanzania are the locations for some of the most spectacular undiscovered diving in East Africa. Here the Southern Equatorial Current meets the African coast bringing a wealth of marine life from across the Indian Ocean.

This unique phenomenon means the area is now recognised as the centre of biological diversity for the East African Coast, and in June 2000 Mnazi Bay and the Ruvuma mangrove delta to the south were declared Tanzania's newest national marine park.

eco₂ is owned by marine biologist Dr Martin Guard and Isobel Pring. Martin has worked and carried out research in the region since 1995 and has 15 years dive teaching experience. With a passion for conservation and diving, Martin was instrumental in the creation of the Mnazi Bay-Ruvuma Estuary Marine Park and conducted his PhD on the artisanal octopus fisheries of Tanzania. Isobel worked in marine conservation in Madagascar for two years before joining **eco₂** in 2007 while completing a Masters in Tropical Coastal Management at the University of Newcastle. Since then she has completed baseline assessments of coastal environments in the area and worked on development projects involving local fishing communities.

- **eco₂ dive centre**



eco₂ is a fully equipped dive centre and Scubapro dive equipment dealer. We operate an eight metre, fitted, fibreglass dive boat (including a freshwater shower for rinsing camera equipment) with twin 75hp Yamaha outboard engines.

Visitors to eco₂ can also learn more about the local marine life at the centre's library and education centre, and get directly involved with local research and monitoring, with fish identification and survey training provided.

Marine research and environmental education are an integral part of eco₂ activities and we conduct specialist training in fish and marine life identification and coastal and marine survey techniques.

eco₂ offers its customers:

- Fun dives (max. 8 divers)
- Discover Scuba Diving (Try Dive)
- PADI Open Water Diver (4 days)
- PADI Advanced Open Water Diver (3 days)
- PADI Rescue Diver (4 days)
- PADI Divemaster (6-12 weeks)
- Snorkelling (min. 4 people)
- Whale watching between August – November (min. 4 people)
- Marine Research Programme and educational activities
- Accommodation booking and airport pickup

● **eco₂ dive sites**



eco₂ dives in Mikindani and Mnazi Bays offering daily two-dive trips and dive safaris. This area of southeast Tanzania is largely unexplored and offers a diverse range of sites catering for all tastes. Over 400 species of fish have been identified in the region and over 258 species of coral – more than anywhere else on the East African Coast.

Mikindani Bay

Mikindani Bay is the location of our closest dive sites, all within 30 minutes of the dive centre by boat. Sites are varied and include deep water pinnacles and channels, outer reef, spur and groove reef and patch reef.

The Monoliths

Rising from depths of over 150m the Monoliths offer architecturally impressive columns and walls that make the descent feel like skydiving. Only ten or twelve metres from the surface at the top, they are home to hard and soft corals, anemones, colourful nudibranchs and shoals of vibrant reef fish. At their edges snapper, barracuda, trevally and tuna shadow the shoals of neon-striped fusiliers that cruise between the structures.

Descending into the depths, the walls offer spectacular views with redtooth triggerfish and black pyramid butterflyfish crowding their sides like underwater confetti. Weaving between these great structures you pass over fields of pristine corals while curious batfish and Napoleon wrasse shadow you, and large grouper glide away to hide in coral caves. In the nesting season turtles rest among the corals while garden eels reach up from sandy gullies, gently swaying in the currents.

- **eco₂ dive sites**

Cryptomania

A macro-photographer's heaven, Cryptomania is the ultimate in critter watching. Just six to twelve metres below the surface the sandy bottom is home to an array of cryptic creatures including pipefish, seahorses, cuttlefish, frogfish, octopus, nudibranchs and flatworms, sea moths and cleverly disguised decorator crabs.

Nooks and crannies in the underwater cliffs and bommies reveal octopus, nudibranchs, lobster, cleaner and mantis shrimps, moray, ribbon and snake eels, while pulsating soft corals and tube anemones wave gently in the current.

Around the rocks lionfish spread their fins like flowers and scorpionfish and crocodilefish lie camouflaged between the rocks, all surrounded by clouds of lilac and golden anthiases, glassfish, vivid neon damsels and shoaling fusiliers.

At night an array of camouflaged crabs make an appearance alongside Spanish Dancer nudibranchs and shrimp.

Mnazi Bay-Ruvuma Estuary Marine Park

Mnazi Bay-Ruvuma Estuary Marine Park was gazetted in 2000 having been identified as an area of high biodiversity value at national and international levels. It covers approximately 200km² of sea and estuary, and 400km² of land.

Some of the best diving in Tanzania is found in the marine park's Msimbati Channel and along the unspoilt white sands of Ruvula beach. It includes spectacular outer reef drop-offs, extensive spur and groove formations, channels and patch reefs.

- **eco₂ dive sites**

Pelagic Corner

This dive drops you into a pelagic viewing platform. Schools of barracuda, jacks and trevally can all be seen here and even the occasional reef shark. Coming in to the reef large grouper, turtles and rays all make an appearance.

The reef here is low profile but interspersed with bommies and rocky pinnacles. As you move through the site shoals of jacks and trevally escort you, while exploring the rocks and bommies reveals honeycomb and giant morays hiding under ledges, while garden eels inhabit the sandy patches in between.

Along the reef yellowmargin triggerfish patrol their nests on the bottom while their redtooth cousins wedge themselves in rocky crevices as you pass. Palette surgeonfish, anthiases, and damsels cloud the corals alongside a huge of variety of butterfly and angelfish.

Sea Fan Cliff

Dropping in at Sea Fan Cliff is like arriving in another world. The dive begins on the deep edge of the reef where a forest of huge sea fans stretches into the distance.

In the deep you might spot the occasional shark and shoals of pelagic, while moving up the reef into shallower water, large grouper, snappers, emperors and Napoleon wrasse are often seen.

Reaching each new crest in the reef is likely to reveal turtles grazing in amongst the spectacular garden of corals. Large bommies and cliffs in the corals offer cover to moray eels and stingrays, while the hard and soft corals that cover them attract huge shoals of reef fish.

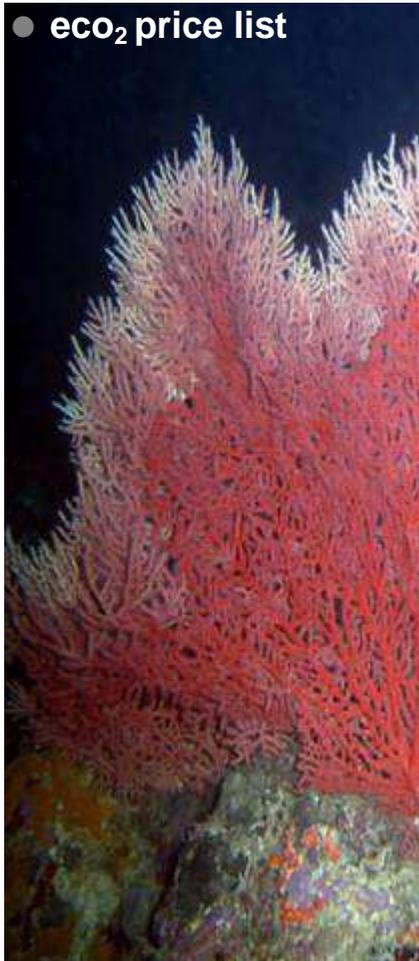
● eco₂ diving calendar



Event	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Ave water temperature	27	28	29	28	28	27	26	25	25	26	27	29
Great visibility												
Equinox tides / fish breeding												
Nesting Green turtles												
Humpback whales & calves												
Pelagics												
Yellowfin tuna running												
Ocean sunfish sightings												
Ornate ghost pipefish sightings												
Rainy seasons												
North easterly monsoon												
South easterly monsoon												
Holiday season (Europe)												

Diving is conducted all year round. Pelagics seen include tuna, jacks, kingfish, giant trevally and schools of barracuda. Giant groupers and Napoleon wrasse can be seen on the Monoliths and Miniliths dive sites as well as in the Marine Park.

● **eco₂ price list**



Dive packages per person (incl. equipment):	US\$
Single shore dive	75
Single boat dive	100
Double dive (1 day)	130
Four dives (2 days)	250
Six dives (3 days)	365
Eight dives (4 days)	480
Ten dives (5 days)	585
Night dive (shore)	90
Marine Park supplements:	
Marine Park entrance fee, per person per day	20
Boat transport supplement per trip	125
Road transport supplement per trip	50
Dive training:	
PADI Open Water Diver (4 days)	420
PADI Advanced Open Water Diver (2 days)	365
Emergency First Response (1 day)	105
PADI Rescue Diver (4 days)	415
<i>PADI MANUALS FOR THE ABOVE AN ADDITIONAL</i>	<i>\$65 EACH</i>

eco₂ price list

Other courses:

PADI Discover Scuba Diving (Try dive)	100
PADI Divemaster	POA
PADI Specialties	POA
eco ₂ marine conservation courses	POA

Other activities:

Snorkelling (min. four pers.)	30
Whale watching (Aug-Nov, min. four pers.)	40

Other services:

Accommodation booking	no charge
Airport pickup service	20

Booking policy:

All bookings should be confirmed by email including diving dates, number of divers and current level of certification – please request a booking form by contacting reservations@eco2tz.com.

Deposits may be required for bookings in high season and where the total cost of diving exceeds US\$ 500.

● eco₂ PADI courses



Discover Scuba Diving (1 day)

Discover the underwater world in a single day! After learning basic theory and skills we complete a fun dive on one of our beautiful reefs.

Open Water (4 days)

Our Open Water course is conducted over four full days and our instructors will guide you through the theory of diving, teach the basic PADI diving skills in a confined water environment at the local yacht club and take you on four open water dives where you demonstrate your skills and enjoy some of the most fun and diverse reefs of Mikindani Bay.

Advanced Open Water (2 days)

Conducted over two days and consisting of five dives, this course offers experience learning in the dive environment. For your five dives you must complete Deep and Navigation dives, but the remaining three are your choice from: Underwater Naturalist, Fish Identification, Search and Recovery, Drift, Night, Boat, Peak Performance Buoyancy.

Emergency First Response (1 day)

This is a complete first aid course from basic CPR to secondary assessment and care. The course is divided up into knowledge development with a written exam, skills practice and scenario management.

- **eco₂ PADI courses**

Rescue Diver

The Rescue course builds on the self-rescue skills introduced at the open water level, making you a more comfortable and competent diver. To join the course you must be an Advanced Open Water diver with a current first aid and CPR qualification. The course develops your rescue skills and introduces problem prevention, recognition and management. You learn more about dive equipment and marine first aid, and have the chance to manage emergency scenarios. The course is designed to challenge you, so be ready for hard work and a lot of fun!

Divemaster

The Divemaster course is your entry into the ranks of a dive professional. To begin you must be 18 years old, a Rescue Diver, have a current first aid and CPR qualification and have at least 40 logged dives, although you need 60 to certify. The course takes approximately 6-12 weeks and includes classroom training and final exams, as well as in-water stamina assessment. You are also required to assist our instructors with a number of PADI courses and participate in all aspects of the running of our dive centre. Even if you don't intend to work in diving, the experience you gain on the Divemaster course will make your future diving even more rewarding.

Divemaster candidates are required to purchase additional training materials and pay PADI membership fees in order to gain their certification.

For more information about individual courses visit the [PADI website](#).

- **eco₂ frequently asked questions**



How do I get to Mikindani?

There are daily flights from Dar es Salaam to Mtwara with [Precision Air](#) or [Air Tanzania](#), and the flight takes approximately 1 hour.

We can arrange an airport pick up for \$20 and drop you at your chosen hotel.

Where can I stay?

We have accommodation agreements with [Ten Degrees South Lodge](#) and [The Old Boma Hotel](#).

For details and pricing of diving and accommodation packages e-mail us at: reservations@eco2tz.com.

When is the best time to dive?

The diving is excellent all year round, but daytime rain in the rainy season can lead to reduced visibility. Mikindani has two rainy seasons - the short rains from December to January, when visibility is less affected, and the long rains from March to April. Visibility generally ranges from 15-20m+ in winter to 10-15m in the rainy season. Average air temperatures are 25-35°C.

Should I bring my own dive gear?

We can save you the cost of the excess baggage by providing excellent quality kit at minimal cost. Bring your mask and computer and leave the rest to us!

- **eco₂ frequently asked questions**

Am I required to have a recent dive medical to dive in Africa?

No, but if you are taking courses you will need to complete a PADI Medical Statement and if there are any problems you will need a doctor's certificate declaring you fit to dive. We recommend that you [download the medical statement here](#), and if you answer "yes" to any of the questions, please visit a dive doctor before your trip to obtain a doctor's certificate.

Am I required to have insurance?

We recommend that all divers purchase dive medical insurance that covers medical evacuation and diving injuries. We recommend [DAN, the Divers Alert Network](#), which offers annual policies that can include travel insurance.

Are there any specific health risks in the area?

Please consult your doctor prior to your travel. Mikindani is within a malarial zone. If you do take malaria medication we advise you NOT to take Lariam. Regardless you should cover up in the evenings, so bring suitable clothes to enjoy sitting outside and watching our spectacular sunsets after your day's dives.

For more information download our [Health Factsheet](#).

What other activities are available in the Mikindani area?

Mikindani is a quiet fishing village situated on the beautiful Mikindani Bay. Its history dates back hundreds of years and there is an eclectic mix of Swahili, Arabic and colonial architecture. We can arrange a walking, guide or you can explore on your own – it is a very friendly town.

Please do not hesitate to contact us if you have any further questions.