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# Activities and Watersports 

The Seasports Hut

The Seasports Hut is located adjacent to the Beach Club, between Casitas 15 and 16 . Information with regards to water sports activities, boat charters to nearby islands, recommended snorkeling spots, sea conditions, weather forecasts and marine life may be obtained here. Lessons in any of our water sports can also be arranged. During the months of June through October, when the prevailing wind comes from the southwest, it is sometimes necessary for water sports activities to commence at the Windsurf Hut. Tidal variations may also affect the departure time of certain activities. The following complimentary water sports are available between the hours of $7: 00 \mathrm{am}$ and 5:00pm daily, subject to sea and weather conditions:

> Windsurfing
> Hobiecat sailing
> Laser boat sailing
> Kayaks (single and double)
> Snorkeling (including equipment)

## The Swimming Pool

Our 30-meter swimming pool is located in front of the Clubhouse. Sun beds, umbrellas and towels are provided and snacks and refreshments may be served at your umbrella, in one of the salas or under the Pool Trellis. A poolside shower and changing facilities are situated beneath the bar terrace, adjacent to the Clubhouse steps.

## Special Complimentary Activities

## Fish Feeding and Snorkeling Trips

Our boat departs from the Seasports Hut twice daily at 10:00am and $2: 00 \mathrm{pm}$ to one of the nearby fish feeding sites. Observe the colourful tropical fish from the deck of the boat or snorkel and swim amongst them. A second snorkel site is visited after the fish feeding. Please obtain your snorkeling equipment from the Seasports Hut before departing on the trip. Upon request, we can also arrange for fish feeding from the shore in front of the Beach Club.

## Snorkeling

A great way to explore the clear waters is a reef-by-reef snorkeling tour by kayak wherein each reef has a special mooring designed for kayaks. Snorkeling equipment is available from the Seasports Hut and, if you wish, one of our staff would be happy to guide you through

## Snorkeling Sites

## The Pier

The pier is a convenient snorkeling area and a favoured dive spot that can be best accessed by kayaking to a nearby mooring. In a depth of about 5 meters one can see a large variety of tropical fish and coral formations around the rocks. Sergeant majors, Jacks, Fusiliers and other interesting fish can be seen and, on occasion, one can also sight big-eye and blue-spotted stingrays.

## The Passage

On the northwestern side of the pier, guests can kayak out to a mooring and snorkel in a site that has some pretty fan corals.

## Fish Feeding Sites

As the beach attendants feed the fish, you can snorkel amongst the tropical reef fishes. There are two fish feeding sites; one on the northern side of the island and one on the western side, near the pier. In addition to our daily boat trips you may also access the fish feeding sites by kayak.

## Casita 40

Beautiful table corals and a variety of marine life may be discovered at an average depth of 7-10 meters on the coral reef that is located approximately 500 meters from the beach behind Casita 40 .

## Clam Area

This snorkeling area is located in front of the Picnic Grove, approximately 150 meters from the shore. At this site you will see clams and fish of differing sizes and a variety of hard and soft corals including some beautiful table corals.

Additional moorings and snorkel areas are located in the following areas, marked by an orange buoy: 150 meters in front of the Beach Club, near the fish feeding site; in front of Casita 7, about 150 meters from the shore and mid-way between the Pier and Casita 7. about 200 meters from the shore.

## Snorkeling Tips

Most of the snorkeling spots can be reached easily from the shore by swimming or taking one of the kayaks and tying them to a nearby buoy. For sights that are further away you may wish to charter a boat. Our staff at the Seasports Hut will be happy to advise you on the best snorkeling spots and the most comfortable boat to take. Accessibility and conditions at some snorkeling areas are dictated by sea conditions.

Our marine sanctuary is very fragile. Please do not touch or stand on the coral or remove it from the sea. For additional information on the marine life in and around Pamalican Island, please stop by the Seasports Hut.

## Nature Walks

Exploring the island by foot is a wonderful way to view the flora and fauna of Pamalican. Please contact your Guest-Assistant if you would like us to arrange for a guided nature walk. If you choose to walk around the island on the beach, it will take you approximately 90 minutes. At the southern tip of the island, you may see baby sharks swimming along the shallow water near the shore. On the northern side of the pier, near the local boats, you will need to cross over the road to rejoin the beach path. Please remember to take bottled water with you along with adequate sun protection and insect repellant.

## Tennis

Amanpulo has two synthetic grass tennis courts, which are floodlit for night play. Our "Pros" are available for complimentary lessons or as hitting partners. Reservations for tennis lessons and court times can be made with your Guest Assistant.

## Gym

Our gym is located next to the Tennis courts. It features floor-to-ceiling windows surrounded by island nature. Our state of the art equipment ranges from treadmills, crosstrainers to free weights.

## Yoga

Shyam, our Yoga Teacher from India, holds daily complimentary Yoga class from 7:30am to 8:30am from Tuesday to Sunday at the Yoga Retreat, weather permitting. If there is a change of venue, the Guest Assistants will advise guests.

## Walking, Jogging and Cycling

Pamalican Island offers a number of jogging and walking trails that meander around the island. Please contact your Guest Assistant or any of the Recreation staff for information or to have a bicycle delivered to your Casita. Please exercise caution when biking or running on the unpaved trails and remember to take bottled water and sunscreen with you.

## Windsurfing, Hobiecat 16 and Laser Boat Sailing

One of the best ways to view the island and its spectacular beach is to take out the hobiecat or laser or to windsurf. Lessons on sailing and windsurfing are available. For experienced windsurfers, our Windsurf Hut offers a range of slalom boards together with wave and slalom sails from Neil Pryde. The strongest winds are usually between December and March. For beginners, we suggest windsurfing from the Beach Club, where you will find the winds more forgiving at this time of year.

## Windsurf Hut and Lagoon Retreat

The Windsurf Hut is located on the northeast side of Pamalican, just past the Clubhouse. Beside it windsurfers and swimmers alike can shower, relax in a hammock or on a sun bed and enjoy a pienic lunch.

## Stargazing

Stargazing is held every Tuesday, Thursday, Saturday \& Sunday, and nightly during peak periods (weather permitting), from $7: 30 \mathrm{pm}$ until 9:30pm. View the moon, Saturn, Jupiter and other stars and planets through our $1800 \times 150 \mathrm{~mm}$ astronomical refractor telescope from the poolside. A member of our Recreation staff will guide you through the night skies and answer all your intergalactic questions.

## Boating Activities

Cruises, Bottom/Casting Fishing, Troll Fishing, Night Fishing and Island Excursions Amanpulo's fleet of boats is available for a wide variety of activities and excursions, as well as private charters. Please make advance reservations with the Beach Hut or your Guest Assistant.

Dolphin I, PHP 8,500 per hour
31 foot fiberglass Gulf Craft U.A.E. built, Johnson 150 hp twin engine powered boat (max of 6 guests)

Dolphin II, PHP 9,000 per hour
34 foot fiberglass Gulf Craft U.A.E. built, Avinrude 250 hp twin engine powered boat (max of 10 guests)

Fishing Boat, PHP 7,500 per hour
Advantage 25, 25 foot Deep-V planning hull built by Asiacraft Philippines, Johnson 115 $h p$ twin engine powered boat (max of 4 guests).

Pontoon Boat, PHP 6,500 per hour
35 foot Double-decker fiberglass boat, built by Asiacraft Philippines, 60 hp Johnson single engine powered boat (max of 12 guests)

Dolphin V, PHP 7,000 per hour
19 foot fiberglass boat, built by Asiacraft Philippines, 150hp Johnson outboard engine (max of 4 guests)

## Private Cruises and Excursions

Sunset Cruise, PHP 10,500 per cruise (PHP 11,500 with optional guitarist to serenade)
Romantic one hour cruise on the Pontoon Boat along the Amanpulo shore with a cocktail of your choice and canapés.

Moonlight Cruise, PHP 13,000 per cruise
Romantic one hour cruise on the Pontoon Boat along the Amanpulo shore with coffee, dessert and an after-dinner cordial.

Starlight Cruise and Private Barbeque Dinner, PHP 28,000 per cruise
Starlight cruise on the Pontoon Boat with a cocktail of your choice and canapés, finishing at the Lagoon Retreat, Picnic Retreat or in front of your Casita where a private barbecue and bonfire awaits you.

Picnic at the Sandbar with Lunch
PHP 24,500 per cruise (Dolphin I)
PHP 28,000 per cruise (Dolphin II)
It is a half-day ( 4 hours) excursion to the Sandbar where you can swim or snorkel and relax with your picnic lunch. This also includes a short guided tour around the fishing village of Manamoc, a simple community of 292 families whose main sources of income are seaweed farming and fishing. Less than a mile away from the shore is their school building which has been the recipient of several donations from the Andres Soriano Foundation and various donors. This trip is optional.

## Island Hopping

PHP 32,000 per cruise (Dolphin 1)
PHP 38,000 per cruise (Dolphin II)
Trip to the neighboring islands of Manamoc, Imaruan and Ta-Yay ( 6 hours), including a stop at each island for swimming and snorkeling, a walking tour of the village on Manamoc and a picnic lunch for two on a secluded beach.

Pamalican Cruise, PHP 13,000 per cruise
A leisurely 90 -minute cruise around the island on the Pontoon Boat with a stop for snorkelling and refreshments.

## Pamalican Cruise and Lunch

PHP 19,500 per cruise with pienic lunch
PHP 28,000 with barbecue
Leisurely 90 minute cruise around the island on the Pontoon Boat with a stop for snorkeling and swimming and finishing at the Lagoon Sala or Pienic Grove for a barbecue lunch or pienic.

For an additional fee, Dolphin I or Dolphin II may also be booked for Sunset, Starlight, Moonlight or Pamalican Cruises.

## The Kawayan Experience

Cocktails, PHP 4,500/2 hours max
Lunch/Pienic, PHP 15,000/4 hours max
Barbeque, PHP 23,500/4 hours max
One of Amanpulo's exciting spots is the Kawayan Bar. A platform life raft made of bamboo, ideal place for spending the day lounging, swimming and snorkeling. Enjoy the magnificent blue waters, have some of your favourite cocktails prepared by your own bartender, spend the day gazing at the colourful schools of fish and other marine creatures found in the island. Have the Robinson Crusoe experience in our Kawayan Bar!

Hobie 21/Getaway Sailing, PHP 1,500 per hour
The Hobie Sports 21/17 race cruiser offers comfortable wing sailing designed as a high performance beach chair. One of the most adventurous ways to see Pamalican, is to circumnavigate the whole island.

Trips include our trained sailing staff. Maximum of $4-6$ guests per trip. We regret that we cannot permit guests to sail the Hobie Sports 21 without an Amanpulo staff member on board.

## Fishing

Amanpulo's marine environment has been declared a protected area and is untouched by commercial fishing. Bottom fish for snapper and grouper or troll for wahoo, tunà, and mackerel. Other common catches are sweetlips, emperors, trevallies, tuna, bonitos and barracuda.

## Casting Fishing / Bottom Day/Night Fishing

Uses hand line, hook, sinker/lead weights and fresh fish (sardines) and squids as bait. Experience our Amanpulo Island's traditional means of bringing back dinner. Bottom fishing attracts all size of fish. Under-size fish (measuring not more than 8 in or 27 cm ) must be released to protect the future of our marine life.

## Troll Fishing

Uses reel, rod, and artificial baits such as rapala and birds' feather and crystallic in assorted color.

Our recommended times:
6:00am - 8:00am OR 7:00am - 9:00am
3:00pm - 5:00pm OR 4:00pm -6:00 pm
5:00pm - 7:00pm OR 5:30pm - 8:30pm

## Fishing Boat Prices

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\begin{array}{lll}
\text { Fishing Boat } & - & \text { PHP } 7,500 \text { per hour } \\
\text { Dolphin } 1 & - & \text { PHP } 8,500 \text { per hour } \\
\text { Dolphin } 2 & - & \text { PHP } 9,000 \text { per hour }
\end{array}
$$

## Reminders:

- All rates are subject to $10 \%$ service charge and $12 \%$ government tax.
- All excursions and marine related activities are dependant on weather and sea conditions
- We would be happy to customize special activities or excursions for you.


## Scuba Diving

Seven square kilometers of pristine reef surround Pamalican Island 50 to 300 meters offshore. Underwater one can encounter a wide array of colourful tropical fish, corals and other interesting marine life. The average water temperature is approximately 28 degrees Celsius ( 82 degrees Fahrenheit) with underwater visibility ranging from 20 to 30 meters ( 60 to 100 feet).

Amanpulo is an ideal place for both the novice and experienced diver. The water in front of the Beach Club is usually very calm and the drop-off is gradual. For certified divers, there are many exciting dive sites on both sides of the island, about 300 meters ( 328 yards) from the shore easily accessible by boat.

The Dive shop is organized by our associate dive company, Eureka Dive. They offer experience and scuba programs sanctioned by the Professional Association of Diving Instructors (PADI), the largest training organization in the world. Dive programs and courses range from introductory to advanced open water diving.

## Available Equipment

We have state of the art Scubapro regulators and BCDs, gull masks, snorkels, fins and Pinnacle wet suits for all sizes. You can rent out underwater digital cameras and diver propulsion vehicles (DPV's) that can go down to 30 meters (100ft).

## Fun Dives, PHP 3,600 per dive

For those who present a diver certification card our Instructors and Divemasters will provide you with diving options and plan your underwater itinerary, all equipment and a guide are provided.

Night Dives, PHP 4,800 per dive
For those who are already Advanced Open Water certified night dives are available.

## Adventure Night Dive Option, PHP 6,500

For divers who are only Open Water certified an Adventure Night Dive option is available and this dive can be credited towards an Advanced Open Water course.

## Dive Programs and Courses

## Discover Scuba Diving Experience, PHP 8,000

A two-hour introductory experience consisting of a short classroom session, a shallow water or pool session and one open water dive, including use of equipment (noncertification). This experience introduces the novice diver to the theory and basic skills of diving enabling beginners to enjoy their first open water dive to a maximum depth of 12 meters ( 40 feet). It allows the diver to dive again with a PADI Instructor or Divemaster within one year from the date of the experience. Return dives accompanied by an Instructor or Divemaster are PHP 3,600 per dive.

This is a full two-day PADI certification course. This new PADI course is a pre-entry level certification that is perfect for vacationers or people who only plan to dive a couple of times a year. The course includes three lectures and shallow water sessions and two open water dives. With this certification you can dive under the supervision of an Instructor or Divemaster to a depth of 12 meters ( 40 feet). Credit earned in this program can be used towards the Open Water Diver certification. The course is quite intensive and guests may wish to complete it over three or more days instead of two.

## Open Water Scuba Course, PHP 27,000

This is a full four-day PADI Open Water certification course. The course includes five lectures and confined-water sessions and four open water dives. Written quizzes are given after each module and one final exam. Guests are given a manual and are provided with equipment for use. The course is quite intensive and guests may wish to complete it over five or more days instead of four.

## Advanced Open Water Course, PHP 21,000

For certified divers, this two-day PADI certification course includes a short lecture and five Adventure Dives including navigation and deep dive then three electives. There are nine elective or specialty dives that guests can choose from at the resort: AWARE Fish Identification, Boat Dive, Digital Underwater Photography, Diver Propulsion Vehicles (DPV), Multi-level and Computer, Night, Peak Performance Buoyancy, Search and Recovery and Underwater Naturalist. The course includes a student manual and use of all equipment, including torches, cameras and DPVs.

## Scuba Review, PHP 6,600

A highly recommended refresher's course for certified divers who wish to update their knowledge and skills, especially after a period of diving inactivity. This two-hour Scuba review program consists of two parts - a knowledge review and a confined water skills review in shallow water. An optional open water dive is available at the standard rate of Php 3,600.

## Referral Program

For student divers who wish to complete their certification here in Amanpulo, a PADI referral form from where they took the first courses is also accepted. Participants must submit their referral forms and medical certificates to avail themselves of this program. For those who want to start their courses here and finish them elsewhere, this program is also applicable.
Modules 2-5 plus 4 open water dives - PHP 25,000
Modules 3-5 plus 4 open water dives - PHP 23,000
Modules $4-5$ plus 4 open water dives - PHP 22,000
Module 5 plus 4 open water dives - PHP 20,000

For young adventurers, the Bubble Maker program is an introduction to scuba diving for children age 8 and up. Participants are supervised by an Instructor and are able to dive to a maximum depth of 2 meters ( 6 feet). Parents who are certified divers are welcome to come along for fun.

For children age 10-14 PADI junior programs are available, including Junior Open Water and Junior Advanced Open Water certifications.

## Diving Reminders

- Rates include boat fees and equipment.
- Rates are subject to $10 \%$ service charge and $12 \%$ government tax.
- Rates are subject to change without prior notice.
- For safety and health reasons, guests should not fly within 24 hours of their last dive.
- A medical questionnaire must be completed by all non-certified divers and those taking up dive courses. A copy of the questionnaire can be made available in advance, for your review. Depending on your answer to these questions, a full medical check-up by our physician may be required.
- The completion of the Amanpulo waiver is required for all divers prior to diving. Waiver form will be presented at the dive shop.
- There is no re-compression chamber on the Island, however, one is available in Manila
- Emergency oxygen is available both on the dive boat and at the dive shop.
- Maximum depths for the following certifications are:
- Junior Open Water - 12 meters ( 40 feet)
- Open Water - 18 meters ( 60 feet)
- Junior Advanced Open Water - 21 meters ( 70 feet)
- Advanced Open Water - 30 meters ( 100 feet)
- PADI Deep Speciality -40 meters ( 130 feet)


# Dive Site Summary of Pamalican Island 

House Reef

This dive site is located on the western side of the island facing the Beach Club. It is perfect for beginners who want to see just about everything but are not prepared for a long boat ride. This site offers a wide array of coral growth and numerous colourful species of fish inhabit the reef, it is not uncommon to see turtles, lobsters, moray eels and schools of bat fish in this area too. One does not have to go very deep to be astounded by the beauty of the underwater world; you could also do some fish feeding at this site. The reef starts as shallow as 3 meters ( 10 feet) and ends in a slightly sloping area at around 12 meters ( 40 feet) before dropping down to around 20 meters ( 60 feet).

## Fan Coral

Only a 5 minute boat ride away, this site is perfect for divers who love diving walls and seeing a variety of corals of all shapes, sizes and colours. True to its name you can see beautiful gorgonian fan corals jutting out of the wall. One does not have to be an advanced diver for this location. The dive site starts at around 10 meters ( 30 feet), the wall begins at around 12 meters ( 40 feet) then drops straight to 30 meters ( 100 feet). There have been reports of tuna and jacks scouting the area for food. Turtles and marble rays are also quite common.

## Casita 40

500 meters ( 545 yards) away from the shoreline of Casita 40 , divers can find a multitude of both hard and soft corals. One can see a wide array of colourful tropical fish, turtles, rays and occasionally a Napoleon wrasse. The site starts at 10 meters ( 30 feet) and drops down to around 30 meters ( 100 feet)

## The Tip

Located at the south-eastern tip of the island this site is where reef sharks are occasionally seen as well as tuna, jack and rays with barrel sponges and a variety of both hard and soft corals. This site is often recommended to experienced divers or divers who have undergone $2-3$ dives here already. The reef starts at around 10 meters ( 30 feet) and drops down to 40 meters (130 feet). Please be advised that only divers who have completed the PADI Deep Diver Speciality course may dive past 30 meters.

## The Pier

The pier is a surprisingly beautiful site for both diving and snorkeling. Just a short boat ride away you can explore the rock formations with an abundance of marine life including a few ships anchors. There is a large sandy area where rays and turtles are often seen.

## Windmill

Situated at the northern part of the island the area will take your breath away because of its natural beauty and the pristine conditions of its coral life. The reef starts around 10 meters ( 30 feet) with a steep slope to a depth of around 30 meters ( 100 feet) but divers need not go this deep to enjoy the sights.

## Casita 29

At the dive site located in front of Casita 29 you can see nice corals and a variety of tropical fish. Turtles, rays, lobsters and large colourful groupers are often seen in the area.

## Dive Spots Around the Neighbouring Islands

Jalah, PHP 3,600 (min of 2 divers plus boat rental)
Located on the eastern side of Manamoc, Jalah is only a 10-minute boat ride away from Amanpulo. There is a nice coral wall starting at 12 meters ( 40 feet) down to 40 meters ( 130 feet). The wall circles around 360 degrees which gives the impression of diving into a volcano which has become a resting place for ships' anchors. Fishing boats that had gone to this area to protect themselves from bad weather, dropped their anchors but were never able to recover them.

Halog Rock Island, PHP 3,600 (min of 2 divers plus boat rental)
This small rock jutting from the Sulu Sea just 7 nautical miles from Pamalican Island is a great place to see hard corals and tropical reef fish. There is a good chance of seeing tuna, mackerel, reef sharks and sometimes rays and turtles. The dive site starts around 10 meters ( 30 feet) and a wall dropping to 30 meters ( 100 feet) with large overhangs and crevices. Diving at this site is dependent upon sea conditions. Adjoining Halog Rock is a shallow snorkeling area and a narrow sandy beach which is ideal for pienics.

Access to these dive sites is by Dolphin I or II (hourly rates apply for boat charters). Please consult the resident Instructors or Divemasters for dive site recommendations depending on the diver's experience and prevailing weather conditions.

## The Islands Surrounding Pamalican

We recommend taking the Dolphin I or II on trips to near by islands as they are built for comfort and speed. All trips are dependent on prevailing sea and weather conditions and upon advice of the Sports and Recreation Manager. Picnics can be ordered to take on any of the boat trips to nearby islands.

## Manamoc

Only 30 minutes away, southwest of Pamalican, this mountainous island is surrounded by beautiful tri-colored waters. It has the biggest lagoon in the Quiniluban area, and it is also known for being the habitat of the horseshoe and mangrove crabs. The island has a population of approximately 3,000 inhabitants. Fishing and seaweed farming are the primary livelihoods. About $40 \%$ of our employees come from Manamoc.

The island is rarely visited by tourists. In order to preserve the people's pristine way of life, we request guests take a minimal number of photographs and do not bring money with them (there are no shops on the island). Refreshments are provided on board the boat.

## Ta-Yay Island

This small island is located 30 minutes north of Pamalican adjacent to the larger island of Concepcion. The island is surrounded by a coarse white sand beach, which is perfect for pienics and snorkeling. Ta-Tay is inhabited by just a few families whose main source of income is seaweed farming.

## Imaruan Island

This small island is located about 45 minutes south of Pamalican. It is mostly deserted, although you may sometimes see fishermen drying fish or observe people from the nearby island of Manamoc tending to their cattle that wander the island. Imaruan offers some cozy little deserted beaches where one can snorkel, swim or picnic.

