

# MOUNT GAMB- IER

JAN 7 – 14 2022



# DEEP WEEK



Join **Adam Stern**, Australian 8 x Freediving National Record Holder and special guest, 10 x Freediving National Record Holder **Amber Bourke**, for 7 days of freediving in the Mount Gambier Sinkholes!

Mt Gambier is home to some of the most spectacular dive sites in the world! There are literally dozens of sinkholes that you'll be able to explore during the week!

The training however takes place in two specific sites:

### **Kilsby Sinkhole**

One of the most incredible dive spots in Australia if not the world! It's a 27m deep fresh water sinkhole with endless visibility.

### **Ela Elap**

A 42m deep sinkhole that provides the best deep diving conditions in Australia. Besides the perfect conditions and access to depth there is also a huge willow tree at the bottom and crystal clear visibility.

# courses

During the 7 days you'll be able to take any level of freediving course that you like!

## **Never taken a freediving course before?**

If you have never taken a freediving course before you'll be able to take your Wave 1 and Wave 2 course.

## **Completed your Wave 1 course?**

If you have taken your wave 1 course before you'll be able to take your Wave 2 course and begin your Wave 3 course.

## **Completed your Wave 2 course?**

If you have taken your Wave 2 course then you'll be able to take your full Wave 3 course.





# schedule

## **Friday Jan 7**

Arrive In Mt Gambier and get together for a big family dinner!

## **Saturday Jan 8**

We teach the course theory and dive in Kilsby Sinkhole!

## **Sunday Jan 9**

Training in Kilsby Sinkhole during the day and night diving crystal clear ponds once the sun goes down.

## **Monday Jan 10**

Training in Kilsby Sinkhole during the day and lobster diving in the afternoon.

## **Tuesday Jan 11**

REST

## **Wednesday Jan 12**

Training in Ela Elap and exploring sinkholes in the afternoon.

## **Thursday Jan 13**

Training in Ela Elap and exploring sinkholes in the afternoon.

## **Friday Jan 14**

Training in Ela Elap and the after party that night!



# accommodation

During the trip we will be staying at the Old Mount Gambier Gaol. It is literally an old gaol that has now been converted to accommodation. The rooms are dormitory style (although you can upgrade to a single room if you like).

Check out how epic the accommodation is here:  
[theoldmountgambiergaol.com.au](http://theoldmountgambiergaol.com.au)



# getting there

Mount Gambier right in the middle of Adelaide and Melbourne. It's roughly a 5 hour drive from both cities. It's best to fly into Adelaide, hire a car and drive over. We all usually car pool for the trip!

# price

\$1190 **without** accommodation

\$1430 **with** accommodation

## The price also includes

- All your courses and certification.
- Access to Molchanovs Base Training
- Annual ACE (Australian Cave Explorers) membership. Giving you insurance and access to many of Australia's best sinkholes!
- Access to the the equivalent digital course from the Freediving Family Manual

# booking

To book your spot we ask for a \$350 non-refundable deposit (Deposits are refundable for anything Covid-19 related).

# payment

Please send us an email to:

**deepweekfreediving@gmail.com** if you have any questions or to book.

We ask for the remaining to be paid in full before December 1st 2021

## **direct deposit**

Commonwealth Bank of Australia  
Freediving Family  
BSB: 06 2735  
Acc: 1036 8079

## **paypal**

adam.thomas.stern@gmail.com

