

Lembeh

PRE-DFL
NCRD
TRIP

OCTOBER

6 - 13

Flamboyant Cuttlefish



JOIN RAINBOW DIVERS ON OUR PRE-DFL TRIP TO LEMBEH, INDONESIA ONE WEEK, UNLIMITED DIVING, UNLIMITED CRITTERS FOR \$1300

Known as the “Muck Mecca”, Lembeh is famous as the best destination on the planet for what is known as exotic critter diving, macro diving, or muck diving

There are five shipwrecks (two of them Japanese WWII ships) and an impressive array of underwater topography, including pinnacles and verdant soft and hard coral gardens, but it is the plain black sand sites

that make the area famous with their profusion of strange and beautiful attractions.

What is considered rare elsewhere is relatively common here, including critters such as hairy frogfish, mimic octopus, mandarin fish, devilfish, flamboyant cuttlefish, ghost pipefish, seahorses, rhinopias and much much more.

There is a tremendous variety of frogfish, venomous fish, snake eels, crustaceans and nudibranchs, with every dive offering an opportunity to find a species new to science. There's something here for everyone, even the most jaded of divers.

Lembeh Strait is auspiciously located in the famed “Coral Triangle”, which boasts the greatest marine biodiversity on the planet. As one move away from this area, the numbers of marine species decrease dramatically. Why are these waters so rich? It most probably is no coincidence that the largest water movement on the planet, known as the Indonesian Throughflow, splits past the northern tip of Sulawesi.

To the north of Sulawesi, a string of volcanic islands form a chain all the way to the island of Mindanao in the Philippines. Below the water, this chain forms the Sarangani Sill, which divides deepwater basins to the east and west. To the west is the

DIVING FOR LIFE

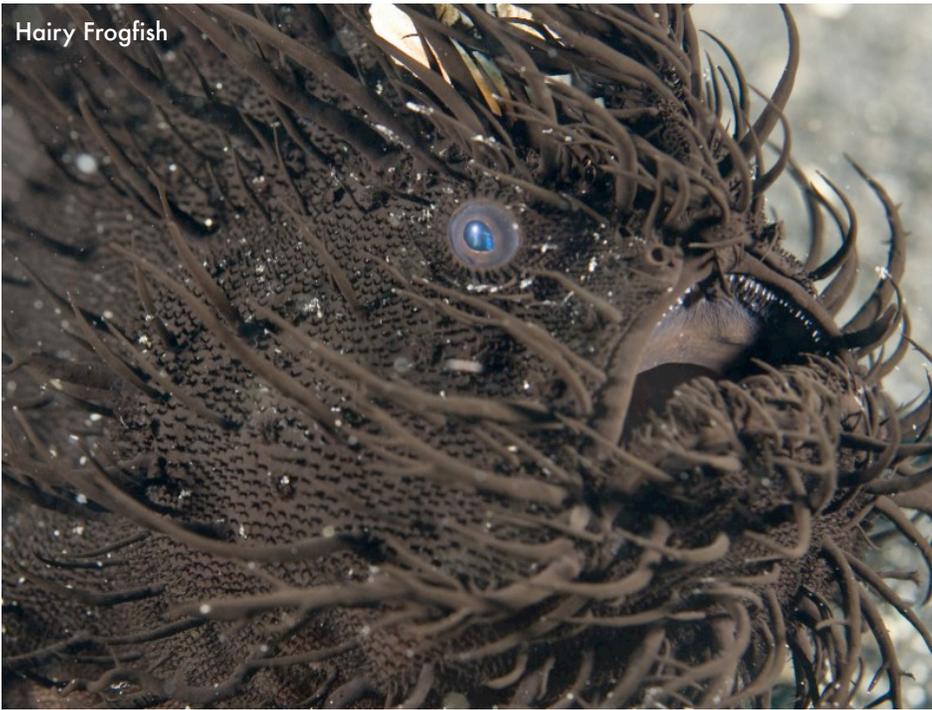
CANDIDASA, BALI

OCTOBER 13-20, 2012

Diving for Life will take place in Bali from October 13 to 20, 2012. at the Rama Candidasa Resort. If you plan to attend DFL, why not extend your trip and maximize your time on the other side of the world and experience the diversity of diving in Indonesia? Daily flights between Manado, North Sulawesi and Denpasar, Bali make combining these back to back trips ideal.

For each NCRD diver attending DFL, Rainbow Divers will make a \$100 donation to Diving for Life!

Hairy Frogfish



Sulawesi Basin. To the east there is the Philippine Sea and the West Caroline Basin.

The movement of water westwards from this basin begins the Indonesian Throughflow. Hitting the Sarangani Sill, the shallow portions of this water flow over this barrier and continue westward and down the west coast of Sulawesi.

The deeper waters hit the barrier and are diverted southward down the eastern side of Sulawesi and through the Molluccan islands. Most of North Sulawesi lacks a continental shelf, which means that abyssal depths exist directly offshore and these deeper, nutrient-rich waters are forced upwards and churned with surface waters as they are flushed through the narrow confines of the strait.

Though currents are strong in the main channel, there are numerous small bays out of the current stream suitable for easy diving in which the nutrients settle to foster the rich biodiversity that the region is renowned for.

Diving Conditions

Being sheltered, Lembah can be dived year-round, though some critters are seasonal, meaning that there are different things to see depending on the time of the year.

The water is generally cool for the tropics, averaging 26-28 degrees Celsius (78

to 82 degrees F). With this in mind, full wetsuits are recommended to conserve body heat on the multiple dives done daily, which are often shallow, meaning long. But there are benefits to colder water, as a lowering in water temperature results in more critters moving into the shallows and cold upwellings spur mating cycles in pipefish, nudibranchs and other species.

The visibility is also less than many dive destinations on average, owing to the nutrients in the water that are the reason for the wealth of biodiversity. Visibility averages 30-40 feet, though it can be somewhat less or as good as 90 feet.

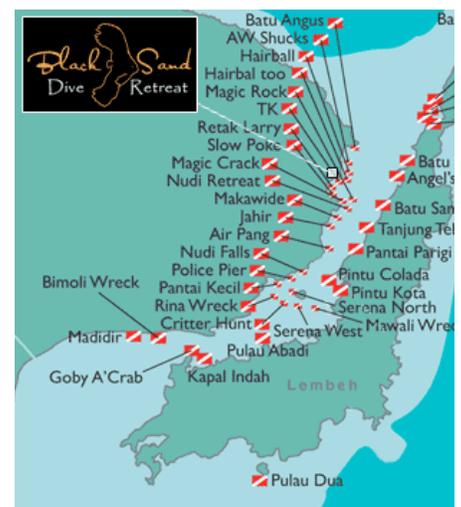
In general, the northern Lembah Island sites offer clearer water, increasing in clarity as one heads north from mid-island into more open waters. But low visibility doesn't lessen the experience as the attractions can be viewed from close quarters.

House Reef

Right off the beach is some of the best diving in Lembeh Strait, open and accessible around the clock. The established dive sites of Hairball 3, TK1 and TK2 are literally at your doorstep. Because of a lack of currents, it can be dived at any time, day or night and it is at night that it is especially incredible.

All of the iconic muck critters are regularly encountered: frogfish (nine species, possibly more), octopus (mimic, wonderpus, ocellated, white-v, brown mimic, reef and even the two undescribed species known generically as "hairy octopus"), squid, cuttlefish (including flamboyant cuttlefish), Rhinopias, bubble shells, spanish dancers and far too many more nudibranch species to list, stargazers, various waspfish, ghost pipefish, pipehorses, sea horses, heaps of banggai cardinalfish, flying gunards and fingered dragonets, juvenile clown sweetlips and barramundi, a wide variety of lionfish and scorpionfish species, numerous snakes, moray and ribbon eels, rays, crustaceans galore and much more. There is so much to see in the shallows that divers often never reach 60 feet.

With this much to see in such easy conditions directly off the resort beach, divers can be assured of getting "Maximum Critter Overload" and photographers can have all the time they wish to get that elusive perfect shot.





Black Sand Dive Retreat Bungalows

Black Sand Dive Retreat

Black Sand Dive Retreat is a small 6-bungalow quality dive resort located on a sheltered bay in a natural setting on Lembah Strait, Indonesia's Exotic Critter Capital. This resort is the realization of a long-term dream of Bruce and Fung Moore, who have extensive experience in North Sulawesi over the past decade.

Bungalows

Each coconut-wood bungalow offers wondrous views over Kambahu Bay and Lembah Strait.

The bedroom is equipped with both a ceiling fan and a/c for your comfort, with complimentary drinking water, coffee and tea close at hand. Each unit also has a walk-in closet to keep your bags and belongings organized and out of the way as well as a walled open-air "Bali-style" garden bathroom with a hot water shower to help reheat you after long repetitive dives.

Diving Center

Steps from the beach is the comprehensive Dive Center. There are equipment closets for guest equipment to drip dry in the breeze between dives and provide space for easy suiting up.

Within meters are showers as well as rinse tanks for washing both diving equipment and for soaking underwater camera gear.

There is a dedicated camera room that is mosquito-screened and fan-cooled, offering

two heights of camera stations, each with outlets for charging both 220 V and 110 V.

The two compressors and Nitrox blending system have their own room, there is a bathroom for guests, a rental equipment room, and a briefing center, covering all diving requirements.

Main Building

The Main Building is where meals are prepared and served as well as the afternoon snacks, with dining guests treated to panoramic views out over Lembah Strait.

The numerous lantern-lit fishing canoes that dot the strait by night provide a romantically memorable setting. The restaurant also offers wi-fi internet connection, a reference library where guests can learn more about what they are seeing on their dives and a TV Room to view and share underwater video footage or just watch a movie or satellite television

The Beach

There is a sandy beach where guests can enjoy current-free swimming and snorkeling in a sheltered environment.

Or you can just recline on a beach chair in the shade of an overhanging banyan tree and enjoy the quiet view with a drink in your hand and your toes in the fine sand.

Diving Program

The diving program consists of up to four boat dives every day.

There is a limit of four diving guests on each of the three polytech speedboats, which are equipped with communication equipment, first aid kits and navigation lights.

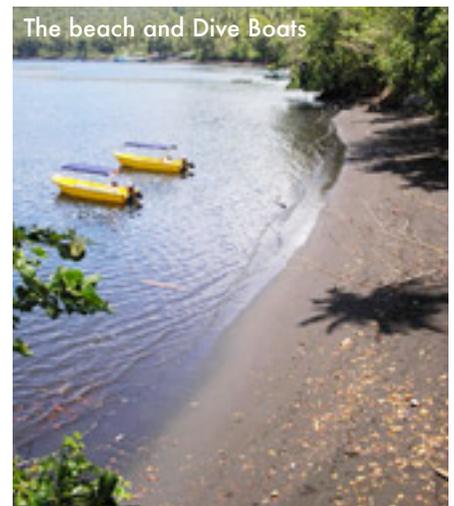
There is also a limit of four divers per guide, though that ratio may be lowered if there are guides available to do so in order to maximize the level of personal service.

The first dive is at 8:15 am, usually going to sites that are deeper such as wrecks, walls or pinnacles. The next jump is scheduled for 11:00 am and can be a muck or a coral site depending on what the guests want to see.

After lunch, the afternoon dive is at 2:30. It is almost always a muck dive and usually nearby since the best black sand sites are less than a kilometer from the resort.

If requested, the night dive is scheduled for 6:00 pm and considering how unbelievably fantastic Lembah night dives are, the boats go out almost every night.

The dive staff will learn what the guests wish to see and will plan the dives accordingly, taking into consideration weather conditions and currents. So you can do one or even four dives daily: it's completely up to you.



The beach and Dive Boats



Price

\$1300 per person based on double occupancy. Four bungalows have a double beds, and 2 bungalows have two twins beds. We will try to accommodate single divers in bungalows with twin beds when possible. However, please be advised that you may need to share a bed with someone else if we have more than 4 single divers. For single divers who want a single occupancy bungalow, the price is \$1550.

Payment Plan

\$650 (\$775 for single occupancy) will reserve your spot. The second \$650 (\$775 for single occupancy) installment is due by June 1, 2012.

Check should be made payable to NCRD and mailed to NCRD, PO Box 640388, San Francisco, CA 94164.

How to Get to Lembeh

The best option is flying via Singapore. Silk Air (www.silkair.com), a subsidiary of Singapore Airlines, offers four weekly flights to Manado from Singapore. The flying time is approximately 3.5 hours. If arriving domestically, there are numerous daily flights, some direct, from Jakarta on a variety of carriers, as well as daily flights (via Makassar) from Bali.

Visa

You will need a tourist visa which can be issued on arrival at the airport for most nationalities. Eleven countries & territories - including Singapore, Malaysia, Thailand, Philippines & Hong Kong - are eligible for a 30-day free visa. Nationals of 52 countries - including Canada, the USA, the UK, EU countries and Australia - must pay US\$25 for a 30-day visa or US\$10 for a 7-day visa, issued at airport immigration.

Clean and new US dollars will help expedite the transaction at the airport and Rupiah are also accepted. Alternatively, you may apply for a visa before you leave home by contacting the Indonesian Embassy or Consulate in your country.

For further up-to-date information please visit Indonesia's Department of Foreign Affairs website: www.deplu.go.id, which also lists the location of Indonesian Embassies and Consulates.

Money

BSDR accept payment by Indonesian Rupiah, Euro or US dollars. It is important to note that foreign notes should be new and unblemished (no folds, staple holes or markings of any kind). Indonesian banks and money changers will refuse or give a lower rate for notes that are old, damaged or marked. Traveler's Cheques are not accepted. Bitung has a number of ATM machines, which can be used to withdraw Rupiah using your credit or debit card. Because of widespread credit card fraud in this part of the world, we

What do you get for \$1300

- Roundtrip airport transfers
- Accommodation (7 nights)
- All meals, morning and afternoon snacks
- Welcome drink
- Welcome fruit basket
- Free wi-fi connection
- Free 2 pieces of laundry / day
- Unlimited coffee, tea & water
- 17 guided boat dives
- Unlimited self-guided House Reef diving
- 21% tax & service

What is not included

- Airfare
- Nitrox (€5 extra/tank)
- Boat night dives (€5 extra/dive)
- Lembeh entrance fee (IDR50,000)
- Visa cost (\$25)
- Airport departure fees (IDR35,000 to 100,000)
- Alcohol
- Soft drinks
- Juices after breakfast
- Massage service
- Equipment rentals
- Telephone calls
- Laundry service
- Gratuities

Harlequin Shrimp



Ghost Pipefish



also recommend that you notify your bank or credit card company that you will be visiting Indonesia prior to your departure, as there have been cases of cards being blocked by banks thinking that it has been stolen.

Weather

Although Lembah Strait is located only three degrees north of the equator, sea breezes moderate the temperatures and the climate is quite pleasant. Daily temperatures average 32°C (89°F), while the nights are cool, around 24°C (75°F).

The traditional wet season is November to April, leaving the traditional dry season from May through October. With frequent weeks without rain in the wet season and daily rains in parts of the dry season, it can be said that there isn't much of a difference between them. It is rare to experience lengthy rainfall at any time of the day. Rains usually fall at night, ending by early morning, or arrive in the early afternoon as brief passing showers followed by a clearing of the skies.

There is a period of winds from the southeast, from June until mid-September. The winds start up mid-morning and result in small chop at exposed or southeast-facing sites, but they dissipate in the late afternoon, leaving calm seas during night dives.

Because of the many scalloped bays in the strait and the sheltering influence of Lembah Island, there are always numerous calm spots to dive during any inclement weather.

Malaria and Dengue Fever

Being a tropical country, there is malaria and dengue fever in North Sulawesi. Cases are usually not contracted in oceanside locations owing to onshore breezes.

Mozzie spray and coils are provided in the bungalows and restaurant and it is recommended that you bring insect repellent and appropriate clothing for the late afternoon and early evening hours.

Before departure it is also recommended that you consult with your doctor for advice on anti-malarial drugs suitable for divers if you seek absolute protection.

Electricity

Voltage in Indonesia is 220-240 V, using a two round-prong plug. In order to provide for those accustomed to 110 V, the camera room is equipped with both 220 and 110 V outlets as well as adapters since there are a variety of plugs in use by guests.

Hyperbaric Chamber

There is a well-maintained hyperbaric chamber in Manado at the Malalayang Hospital, a two-hour drive from the resort. The doctor in charge of the chamber recently (February 07) underwent further hyperbaric medicine training in Australia.

Continuing to DFL in Bali

If you plan to continue your Indonesian adventure by attending Diving For Life in Bali, Garuda Airlines and Lion Air have daily flights from Manado to Denpasar (Bali).

Return from Bali

Bali is well served by a number of airlines. If you flew to Manado from Singapore and wish to catch your flight back to the US in Singapore, you can fly the low-cost carrier AirAsia which has non-stop flights from Denpasar to Singapore.

Stargazer



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Terms and Conditions

You are strongly encouraged to purchase separate trip insurance to cover unforeseen events that may result in interruption or cancellation of your vacation.

We recommend getting insurance very early – within a week of your first deposit for this trip – in order to cover the widest possible range of risks, including the risk of hurricanes. Read policy details carefully when buying trip insurance, and be aware that many policies require purchase at the time the trip is first booked.

We also recommend joining DAN, to assure that you have coverage for emergency transport to hyperbaric chamber treatment, which can be very expensive, and consider enhancing membership with the various options offered by DAN. There is an hyperbaric chamber located on the island.

We cannot predict the political stability of the countries to which we travel. You are encouraged to avail yourself of all pertinent information, including US State Department Travel Warnings, when deciding to travel overseas. You are strongly encouraged to purchase separate trip insurance

Because we plan specialized dive trips for small groups, Northern California Rainbow Divers (NCRD) trips are not refundable. If you discover that you are unable to attend our trip, you may try to find a replacement for yourself who is willing to buy your spot from you. Alternatively, if the trip sells out, the Trip Leader may be able to refer a possible replacement for you from the trip waiting list. If you must cancel, or think you might have to cancel, notify the Trip Leader as soon as possible to improve your chances of finding a replacement. NCRD strongly encourages trip participants to purchase trip insurance to minimize the risk of

financial loss in the event of an unforeseen cancellation or trip cessation.

Northern California Rainbow Divers (CST 2092387-40) is registered with the State of California as an authorized California Seller of Travel. California Sellers of Travel are required by the State to hold trip funds in escrow or to deposit trip payments into a trust account until all vendors have been paid. California Sellers of Travel may be participants in the Travel Consumer Restitution Fund (TCRF). NCRD is a participant in the TCRF. In the event that you suffer a loss due to bankruptcy, cessation of operations, insolvency, or material failure of a registered Seller of Travel to provide the transportation or travel services contracted, you may be able to receive compensation from the Fund. Visit www.tcrfinfo.com for more information about the Fund, including how to make a claim.

NCRD makes every effort to contract travel services from reputable vendors. However, if these vendors are located outside of the United States and provide their services to you outside the U.S., they are not required to comply with the California Seller of Travel laws or to participate in the Travel Consumer Restitution Fund. If such a vendor ceases operations, you will not be entitled to file a claim with the TCRF. In this event, your claim would be directly with the vendor, and not with the TCRF or NCRD. You should evaluate the risks and possible consequences of vendor non-performance carefully before signing up for any trip outside the U.S. NCRD strongly encourages trip participants to purchase trip insurance if you are unwilling to accept these risks.

Check the rainbow divers website for additional details and information about trip policies.

Contact the Trip Leaders

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