



DISCOVERING THE DAYMANIYAT ISLANDS BEGINS HERE...



سبي عُمان
SEAOMAN



SNORKELLING



Snorkelling Trip (8:30am – 1:00pm)

Adult OMR 30 / 12 years or under OMR 20

Not into diving? We also run a dedicated snorkelling boat each day, allowing you to visit, snorkel and explore one or more of the Daymaniyat Islands. The trip includes snorkelling equipment, permits to visit the island, a snack and drinking water.

If you have diving friends and would like to go with them on the dive boat, this is fine. Just book onto the dive boat as a snorkeller. Timings are then the same as the dive boat.

ACCESSIBLE DIVING & SNORKELLING

At SEAOMAN, we believe that everyone should be able to enjoy the beauty that the Omani waters have to offer. We have installed hoists on some of our dive boats allowing you to be safely lifted into and out of the sea. This allows everyone to enjoy diving and snorkelling with us. Let us know if you require this service to ensure that we allocate you to the right boat.

Our team is also trained to teach those with limited mobility to snorkel and dive, so as long as your doctor gives the 'all clear', we are ready to show you the beauty of the underwater world.



SEAOMAN'S PADI 5-STAR DIVE CENTRES

SEAOMAN operates all year round from two superb locations: Al Mouj Marina in Muscat and Barcelo Resort in Mussanah. Open seven days a week and run by a team of highly experienced dive professionals, the team will ensure that you, whether a beginner or advanced diver, enjoy a fabulous dive experience.

Barceló Mussanah Resort

Staying at the fabulous Barceló Mussanah Resort, you can marvel at the delights of the beautiful Daymaniyat Islands, which are located just 45 minutes away. The dive centre is located at the heart of Barceló Mussanah Resort, a superb seafront hotel that boasts a spa and fitness centre, beach club with pool bar, swimming pools and tennis courts. Catering for all types of divers, SEAOMAN's dive centre is fully equipped to provide Nitrox for those who are certified.

Al Mouj Marina, Muscat

Located 10 minutes away from Muscat International Airport and 20 minutes from the centre of Muscat, SEAOMAN's dive centre at Al Mouj Muscat is just a 45 minute boat trip away from the Daymaniyat Islands. This location is also near to the Fahal Island and the Al Munassir wreck at Bandar Khairan. Trips to Bandar Khairan take longer and are arranged in advance, if you would like to visit the wreck, kindly inform the team.

Al Mouj Muscat, boasts a variety of cafés, restaurants, shops, and hotels, with the Mysk hotel being only a 2 minute walk from the dive centre, and the Kempinski 10 minutes away, there are plenty of dive and stay options, speak to our team for details.

Live Aboard Diving

SEAOMAN has 2 sailing catamarans that allow us to offer live aboard diving options for small groups. Contact the team for more details.



BEGINNER COURSES

PADI Seal Team Programme

OMR 75 / 2 days (Age: 8-9 years)

The PADI seal team is for young divers who are looking for action packed fun in the pool by completing 5 exciting scuba aqua missions and learning skills. All dives take place in the pool.

Discover Scuba Diving

OMR 80 / 1 Day (minimum age 10 years)

This taster course lets you try out scuba to see if it's for you. Experience how to use scuba equipment and have a quick and easy introduction to what it takes to explore the underwater world.

PADI Open Water Diver

OMR 240 / 3-4 Days (minimum age 10 years)

The world's most popular scuba course! As a PADI Open Water Diver, you will gain worldwide certification and be qualified to dive up to 18m with a friend or dive guide. Course manual and PADI Certification included.

1 day of theory can be completed online
1 day of confined water sessions to build skills
2 days (4 dives) open water diving

Refresher Courses

Starts from OMR 80 / 1 Day

If it has been a while since you last dived, it is important to refresh your skills. The refresher course recaps how to set up the equipment, personal diving skills and how to look after your buddy. How much of a refresher you need depends on how long has it been since your last dive and how many dives you had done. If you have done over 20 dives, a refresher can normally be done quickly on the boat with no additional charges.

Quick refresher is for those who have not dived for more than 6 months and have completed less than 20 dives. The instructor will recap the equipment and conduct a skills review during the first dive, then you should be ready to take your second dive with the group. **OMR 80**

Re-active refresher, is for divers who have not dived for more than 1 year and have completed less than 20 dives. This includes a short e-learning refresher, 2 dives with the instructor to refresh on all your diving skills and a PADI re-active dive e-card. **OMR 110**



SPECIALITY COURSES



EFR (Emergency First Responder)

OMR 65 / 1 Day

Learn how to provide emergency care for someone in need, helping them until the professionals arrive. The certificate is valid for 2 years.

PADI Wreck Diver

OMR 180 / 2 Days (minimum age 15 years)

Wrecks are a fascinating insight to the past and often teeming with aqualife. This interesting and fun course is open to those who have already achieved a PADI Adventure Diver Certificate or above (a sub course of the Advanced Open Water). Minimum of 4 people required for this course.

PADI Underwater Digital Photography

OMR 180 / 2 Days

With so many underwater cameras now available, it has become easier and more fun than ever to capture images of your underwater adventure. Learn practical techniques to take great photos with good composition with your camera whether it is a point and shoot or sophisticated dSLR. To book this course, you need to have completed: Open Water + 10 Dives.

Enriched Air Diver (NITROX) Course

OMR 60 / 1 Day shore based (minimum age 12 years)

If staying down longer and getting back in the water sooner sounds appealing, then don't hesitate to become an enriched air diver. This is a classroom based course and is often done before a diving day to go and put the new skills into practice.

Offered in Mussanah Dive Centre only



ADVANCED COURSES

PADI Advanced Open Water Diver

OMR 180 / 2-3 Days

This course builds confidence and expands your scuba skills through different adventure dives. It is designed to advance your skills so it can be done straight after completing your open water. The course includes 5 dives and certifies you to dive up to 30m.

PADI Peak Performance Buoyancy Course

OMR 95 / 1 Day

Excellent buoyancy control is what defines skilled scuba divers. They glide effortlessly, use less air, ascend, descend and hover naturally. Take the buoyancy skill learned as a new driver to the next level.

PADI Rescue Diver Course

OMR 270 / 3-4 Days (includes EFR course)

One of the most challenging and most rewarding courses. Learn to look beyond yourself for the safety of others, prevent and manage problems in the water and become more confident with your skills as a diver.

Divemaster Course

OMR 450 / 30-40 Days (minimum age 18 years)

The PADI Divemaster course is your first level of professional training. You must already have completed the PADI Rescue Diver Course and logged a minimum of 40 dives. Scuba divers look up to Divemasters because they are leaders who mentor and motivate others. As a Divemaster, you not only get to dive a lot, but also experience the joy of seeing others have as much fun diving as you do. You'll be qualified to guide dives and assist instructors with their courses. Contact us for more details.



DAILY DIVE TRIPS

[8:15am-2pm]

As a qualified diver, you can join our dive trips departing daily from Barcelô Mussanah Resort and Al Mouj Marina, Muscat. The following rates include Daymaniyat Island Diving permits, tanks, weights and a guide for the group.

Hire a private guide for 50 OMR per day.

Days	Dives	Rate
1 - Day	2	OMR 45
2 - Days	4	OMR 81
3 - Days	6	OMR 119
4 - Days	8	OMR 150
5 - Days	10	OMR 187
6 - Days	12	OMR 223
7 - Days	14	OMR 260
Packaged deals for more days are available, contact us for details.		

EQUIPMENT FOR HIRE

Days	Rate
Diving Equipment Suit, Buoyancy control device (BCD), Regulator, Fins or Boot-Fins, Masks, Snorkelling equipment	OMR 15
BCD (Jacket / Buoyancy Control Device)	OMR 5
Wetsuit	OMR 5
Regulator	OMR 5
Fins	OMR 3
Dive Computer	OMR 5
NITROX - Per Tank (Only available in Mussanah)	OMR 3

Dive Boat Charter (maximum 12 divers)

Day OMR 450 subject to availability

Enjoy a private dive boat for up to 12 divers. Schedule and choose your dive spots. Includes boat captain, 1 dive guide, 2 tanks per person, weights and dive permits.

ABOUT THE DAYMANIYAT ISLANDS



The nine neighbouring Daymaniyat Islands are a protected marine nature reserve. A paradise for underwater explorers, they feature walls, drop-offs, submerged reefs, swim-throughs and caves. The treats are not just for divers; with so much of the incredible marine life close to the water's surface, snorkelling is also a particularly rewarding experience.

The Daymaniyat Islands' large unspoiled reefs host a wealth of sealife unparalleled in the region. On average, the exotic waters around Oman offer a wonderful visibility of 20 to 30 metres. Best visibility is usually found from March - July, with a dip in visibility August - Septembter caused by the plankton that brings the whale sharks, so it is a trade off worth having. Visibility dips again during December and January.

Shallow coral reefs teem with over 1100 different species; leatherback sea turtles paddle just beneath the surface, and you may even be lucky enough to observe the magnificent whale shark. Considered to be 'the' Daymaniyat Islands dive specialists here in the Sultanate, SEAOMAN's PADI certified instructors and dive masters have extensive knowledge of each one of its 29 dive sites, ensuring that each trip into Oman's underwater paradise feels like the adventure of a lifetime.

"Highly recommended by PADI as one of the top 5 Dive Centres in the world for groups."

**FOR BOOKING
& FURTHER
INFORMATION:**

Visit our website
www.seaoman.com

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📍 **Al Mouj Marina Muscat**
Barcelô Mussanah Resort

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