

PHILIPPINES · MOALBOAL & BOHOL

Mythic Waters & *Sacred Depths*

Eight days of ethical freediving among sardine galaxies, submerged statues of gods, and sea turtle sanctuaries across Cebu and Bohol.

DURATION

8 Days

LEVEL

All levels

CERTIFICATION

Level 1 or 2

GROUP

Small group

RESERVE YOUR PLACE →

CHAT ON WHATSAPP

SCROLL

8

DAYS AT SEA

4+

SANCTUARIES

2

ISLANDS

∞

SARDINES



THE RETREAT

A Living Galaxy Awaits Beneath the Surface

Moalboal is unlike anywhere else on earth. Millions of sardines pulse in silver spirals just metres from shore, sea turtles glide through warm tropical water, and the Bohol Sea conceals statues of gods and guardians slowly becoming reef.

This is an eight-day ethical ocean journey for beginners and curious explorers — three transformative days earning your Freediving Level 1 or Level 2 certification in calm, life-rich waters, followed by extraordinary dives among underwater statues, reef sanctuaries, and encounters with giant sea turtles.

Each descent builds confidence, awareness, and a connection with the underwater world that stays with you long after you surface.

[BOOK THIS RETREAT →](#)

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Your Journey Through the Visayas

Eight days across Moalboal and Bohol — each one building confidence, deepening connection, and revealing a different face of the Philippine ocean.

ARRIVAL

DAY 1 · CEBU AIRPORT → MOALBOAL

Entering the Blue

Private transfer along the coast from Cebu Airport to your ocean-front accommodation in Moalboal. Settle in and meet your group over a welcome dinner by the water as the Visayas reveal themselves for the first time.

CERTIFICATION

DAYS 2-4 · MOALBOAL, CEBU

The Living Galaxy

Three guided days earning your Freediving Level 1 or Level 2 certification beside the legendary Sardine Run — one of the most unique marine environments in the world. Freedive among millions of sardines, sea turtles, and vibrant reef life while developing breath control, equalisation, and calm underwater movement. An optional light reef-cleaning activity supports protection of this rare ecosystem.

STATUES & RECOVERY

DAY 5 · ALEGRIA, CEBU

The Five Guardians

Freedive among the submerged statues of Poseidon, Medusa, Buddha, a Templar Knight, and Mother Mary — symbolic protectors of the reef, their surfaces now encrusted with coral and alive with marine life. Afternoon 90-minute massage allows full recovery after the training days.

ISLAND CROSSING

DAY 6 · BOHOL SEA → PANGLAO

Crossing to Bohol — The Crack

Boat transfer across the Bohol Sea to Panglao. Freedive Napaling Reef, known for "The Crack" — a dramatic underwater fissure where cathedral light enters the deep. Evening at leisure to explore the island.

CULTURE & DEPTH

DAY 7 · BIEN UNIDO · BOHOL

and the Holy Child, placed in 2010 to protect against dynamite fishing and now presiding over a flourishing sanctuary. Journey inland to the iconic Chocolate Hills, balancing ocean depth with geological wonder.

FINAL DIVE

DAY 8 · BALICASAG ISLAND · BOHOL

Turtle Sanctuary — Final Descent

Drift along a vertical reef wall at Balicasag Island marine sanctuary, surrounded by giant sea turtles and swirling schools of jackfish. Transfer to Bohol–Panglao Airport carrying new skills, your certification, and a lasting connection to the ocean.

YOUR OCEAN PATH

Choose Your Depth

During the retreat you choose the ocean experience that suits your level and interest. Everything is adapted to your comfort and guided with care. We work with trusted partner schools offering AIDA, Molchanovs/WAVE, SSI, and PADI certifications.



01

Freediving Path

- Freediving Level 1 Certification
- Freediving Level 2 Certification
- Progression coaching for certified freedivers
- Awra freediving — flow, movement & self-expression
- Underwater freediving photoshoots



02

Scuba Path

- Advanced Open Water
- Fun dives for certified divers
- Sanctuary & statue dives throughout

Please do not purchase e-learning independently — your school will send you the correct link once your place is confirmed. The agency and level depend on coach and school availability during the retreat dates to ensure the group trains smoothly together.

UNDERWATER SANCTUARIES

Where Statues *Become* Reef

These sites are more than dive spots — quiet underwater spaces where coral, fish, and ocean currents have transformed submerged sculptures into living habitats. Moving through them on a single breath creates moments of calm, curiosity, and deep connection with the sea.

- 01 The Mermaid**
PANAGSAMA · MOALBOAL, CEBU
A human-sized mermaid statue sits in 5–6 metres of water just off the Panagsama shoreline, surrounded by the legendary sardine run. A favourite for freedivers seeking elegant underwater portraits beside one of the ocean's most extraordinary spectacles.
- 02 The Five Guardians**
ALEGRIA · CEBU
Five life-sized statues — Poseidon, Medusa, a Templar Knight, Buddha, and Mother Mary — placed to protect the reef and now vibrant homes for local marine life, their surfaces encrusted with coral and teeming with fish.
- 03 The Underwater Grotto**
DANAJON BANK · BIEN UNIDO, BOHOL
In the Philippines' only double barrier reef, 14-foot statues of the Virgin Mary and the Holy Child rest in blue silence. Placed in 2010 to protect against dynamite fishing, they now preside over a flourishing, peaceful sanctuary.
- 04 Napaling "The Crack"**
PANGLAO · BOHOL

ETHICAL ENCOUNTERS

Wild, Undisturbed, Unforgettable

Every wildlife encounter is guided with strict ethical principles. We never stage, feed, or disturb marine life — and we do not support the Oslob whale shark feeding tours. What you see is entirely wild.



Sardine Galaxy

Millions of sardines pulse in formation just metres from shore in Moalboal — one of the world's most extraordinary permanent marine spectacles.

YEAR-ROUND · BEST NOV–MAY



Sea Turtles

Ancient and unhurried, sea turtles are almost guaranteed in Moalboal and Balicasag, grazing on reef just a few metres below the surface.

YEAR-ROUND · BEST DRY SEASON



Jackfish Tornado

At Balicasag Island, thousands of silver jacks swirl in a hypnotic vortex above the reef wall — one of diving's most iconic natural phenomena.

YEAR-ROUND · BEST DEC–MAY



Reef Sharks

Blacktip reef sharks occasionally patrol deeper reef walls. Sightings are always wild — never guaranteed, never staged, always memorable.

OCCASIONAL · WILD ENCOUNTERS ONLY

READY?

The Sardines Are Already Waiting

A small group. An ethical journey. Eight days that will shift how you see yourself in the ocean — and out of it.

SEND AN EMAIL

OCEAN CALLING RETREATS

Ethical ocean retreats for solo travellers. Small-group experiences built on depth, safety, and meaningful connection.

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