

MAURITIUS ISLAND

SPERM WHALES & MARINE MAMMALS

10 DAYS



THE JOURNEY

Embark on a one-of-a-kind adventure to Mauritius, where you'll swim alongside wild sperm whales and join daily freediving seminars led by Miguel Lozano, one of the world's most renowned freedivers.

On this journey to the heart of the Indian Ocean, you'll stay at the welcoming La Mariposa Hotel, right on the beachfront in the peaceful La Preneuse area. Each day we set out to responsibly encounter sperm whales, guided by an expert local team and always within an ethical, non-intrusive framework.

Excursions run from 11:00 AM to 3:00 PM, with snorkel gear and onboard snacks included. Every afternoon, you'll have the chance to deepen your understanding of body, mind, and ocean through both theoretical and practical freediving sessions led by Miguel Lozano.

A transformative journey—perfect for those eager to connect with marine life, refine their water skills, and experience a mindful, profound adventure in complete harmony with nature.

TRIP PRICE: 2.450€

DEPARTURE DATE

November 6, 2026

WHAT'S INCLUDED

- Airport-hotel-airport transfers
- 7 nights at Hotel Mariposa
- Breakfast and dinner included
- 5 excursions in search of sperm whales and other whale species
- Snorkeling/freediving gear
- Capacity: 18 guests

WHAT'S NOT INCLUDED

- Flights (we can assist you with booking)
- Government taxes (€3/night)
- Comprehensive travel and cancellation insurance
- · Tips and any additional services

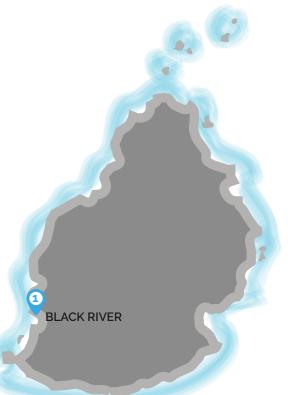
ACCOMMODATIONS: HOTEL MARIPOSA

Nestled right on the beach in the peaceful and authentic La Preneuse area, Hotel La Mariposa is a boutique retreat perfect for travelers seeking relaxation, a connection with nature, and the soothing sights and sounds of the ocean. Each simply and tastefully decorated room offers views of either the sea or the lush tropical garden. The infinity pool blends seamlessly with the Indian Ocean horizon, providing an idyllic spot to unwind after a day on the water.

Its cozy atmosphere, friendly service, and direct beach access make it the ultimate place to relax and reconnect with the natural surroundings.









ITINERARY

Day 6 - Departure: let the adventure begin

Your journey kicks off with an international flight to Mauritius, a sparkling gem in the Indian Ocean, where unforgettable encounters with wild sperm whales await.

Day 7 - Arrival in Mauritius & Beachfront Hotel Stay

Welcome to Mauritius! You'll be greeted at the international airport and taken by private transfer to the charming La Mariposa boutique hotel, set right on the sands of La Preneuse. It's the perfect spot to unwind and soak in the beauty of nature. Enjoy a relaxed afternoon with ocean views.

Day 8 - First Encounter with the Sperm Whales

Our first outing at sea runs from 11:00 AM to 3:00 PM. The adventure kicks off as we set out in search of sperm whales, equipped with snorkel gear and snacks on board. This is an ethical experience led by experts who always put respect for marine life first.

Day 9 - Snorkeling the Indian Ocean

Our second day of exploration begins. We board the boat again at 11:00 AM for another chance to swim alongside these ocean giants. Afterward, return to the hotel for a relaxing afternoon to share stories and unwind.

Day 10 - Pure Marine Adventure

The third snorkeling trip with sperm whales awaits—always accompanied by a professional guide, with all equipment and refreshments provided. Mauritius' rich biodiversity ensures each excursion is different: you might spot not just sperm whales, but also dolphins, turtles, or seabirds.

Day 11 - Beyond Snorkeling: Deep Connection with Nature

The fourth sea adventure runs once again from 11:00 AM to 3:00 PM. This is the perfect day to observe sperm whales in a calm, unhurried setting—whether in the water or from the boat. Expect a truly profound and transformative experience.

Day 12 - Final day snorkeling with sperm whales

Our fifth and final session swimming with these magnificent whales. As always, we're well prepared and excited to end our journey on a high note. The afternoon is yours to unwind on the beach or relax by the hotel pool.

Day 13 - Free day on the island

Take this time to explore more of Mauritius: stroll through sugar cane fields, visit waterfalls, browse local markets, or simply savor a leisurely day by the ocean.

Day 14 - Return flight

Private transfer to the airport and your flight home. We say goodbye to this paradise, grateful for a unique, ethical adventure that honored marine life.

Day 15 - Arrival home

You arrive back in your hometown. The journey concludes.

*This itinerary is a guideline and may change due to weather or other circumstances. The safety and well-being of marine life is always the top priority.

APNEA SESSIONS

- Daily sessions focused on improving lung, diaphragm, and overall respiratory flexibility
- Relaxation and breathing practice sessions
- Frenzel equalization session
- Deep equalization session (Mouthfill)
- Theory sessions (Physiology, Safety, Rescue, Risks, and finning biomechanics)
- Advanced Freediving Theory session (training tables, exhale dives, tents, and extending time at depth)
- Static Apnea sessions in the pool + watsu





ABOUT THE TRIP

DEPARTURE RECOMMENDATIONS

- We recommend completing online check-in, available 48 hours before your flight.
- Please arrive at the airport at least 2 hours and 30 minutes before your departure.
- Departure terminals: Please check with your airline and departure city.
- Carry-on luggage: One small suitcase. Check with your airline for maximum weight limits.
- Checked luggage: Up to 23 kg. Confirm the maximum weight allowed with your airline.
- Liquids in carry-ons: Maximum 100 ml each.

AIRPORT-HOTEL-AIRPORT TRANSFERS

- DAY 6: Transfer from Mauritius Airport to Hotel Mariposa is scheduled for approximately 1:00 PM.
- **DAY 15:** Transfer from the hotel back to the airport is scheduled for around 3:00 PM.

IMPORTANT INFORMATION

- Required Documents: Make sure to bring your passport (expiration date must be more than 6 months away).
- Payments: Extra charges can be paid in €, \$, local currency, or by credit card (additional fees may apply). Mauritian Rupee: 1€ = 50 Rupees.
- Weather in Mauritius: The outside temperature usually ranges from a high of 29°C to a low of 20°C.
 Water temperature is typically between 25–26°C.
- Suggested Clothing: Short-sleeve shirts, swimwear, and shorts are recommended. It's also a good idea to bring a pair of long pants and a sweatshirt or sweater for the evenings.

- Snorkeling gear needed: 3 mm wetsuit or swimwear, fins, mask, and snorkel.
- Outlets: Type C and G



• Body wash and shampoo: Provided in every room, but we recommend bringing your own.

REQUIREMENTS FOR TRAVELING TO MAURITIUS

- Passport (must be valid for at least 6 months from your arrival date).
- Before traveling to Mauritius, it's
 recommended to complete the "Mauritius All
 in One travel form" online. This will generate a
 PDF with a QR code. Print a copy and have it
 ready to show Health officials upon arrival at
 the airport. If you don't have a printed copy,
 you'll need to fill out an Immigration
 Disembarkation Card upon arrival.
- Be sure to have digital or printed copies of your flight information, travel invoice, and this form.

