



Dive Belize and Cozumel

Dates: From Monday, April 23rd – Sunday, April 29th, 2012

Duration: 7 days / 6 nights

Total

Distance: 1,345 nautical miles



Highlights: This Journey is tailored for pilots and their guests who enjoy diving. It includes two of the best diving spots in the world. The route can be flown at fairly low altitude, therefore greatly reducing the risks associated with flying after diving. In addition, the Journey allows adventurous pilots and passengers to discover some stunning locations of the Caribbean Sea and relax in some of the finest settings one can imagine.

Cost: \$2,195 per person (double occupancy)
\$ 595 plane registration fee
Single supplement available upon request

ITINERARY

Day 1 - Monday, April 23: Key West → Belize City, Belize (645 NM) → San Pedro (35 NM)

Air Journey will greet you this morning for a briefing at the FBO in Key West. Today we fly south along the coast of Cuba and the Yucatan to Belize City where we will clear customs before continuing on to our destination, San Pedro. A pure diving paradise, an exotic beachside island paradise awaits you at Ramons Village! The largest barrier reef in the Northern hemisphere is just off the resort's beach.

Lodging: Ramons Village
Welcome cocktail and Dinner included

Day 2 - Tuesday, April 24: Ambergris Cay

This beautiful island offers pristine beaches, tropical vegetation, and outstanding snorkeling and diving.

Optional activities include deep sea fishing, sailing, kayaking, windsurfing, a picnic cruise and a glass bottom boat ride.

The historic fishing village of San Pedro is a short 5 minute walk up the beach from the resort.

For the diver, we offer an optional two-day dive package.

Lodging: Ramons Village
Breakfast and Dinner included

Day 3 - Wednesday, April 25: Ambergris Cay

For the non-diver, spend the day relaxing at the resort or take an optional sightseeing tour.



For the adventurous snorkeler or first time scuba diver, visit Hol Chan marine preserve, home of a truly spectacular array of marine life. Or venture out to Shark Ray Alley and discover why it's a favorite spot of the locals and visitors -- don't forget your underwater camera!

For the diver, enjoy your second day of diving in the pristine waters of Ambergris Cay. Explore the world famous Blue Hole.

Lodging: Ramons Village
Breakfast and Dinner included

Day 4 - Thursday, April 26: San Pedro → Belize City, Belize (35 NM) → Cozumel (225 NM)

Today we will fly north along the Yucatan coast to Cozumel, considered the dive capital of the western hemisphere.

By early afternoon we settle in at our hotel in Cozumel. You will have the opportunity to explore a variety of dive environments including dramatic depths, inspiring underwater cliffs, intriguing caverns and idyllic shallow reefs. The reefs surrounding Cozumel's shores include some of the largest and oldest corals in the world. Enjoy unmatched clear waters and ideal conditions for diving.

Divers should look in particular for the black coral - considered to be extinct until Jacques Cousteau found it on Palancar (the second largest coral reef in the world). The adventurous will want to take a peek over the wall plunging to 3,000 feet towards the deep blue shadows below.



We will meet for a welcome cocktail before dinner.

Lodging: Cozumel Palace
Welcome Cocktail and Dinner included

Day 5 - Friday, April 27: Cozumel

Spend the day relaxing on the beautiful white sand beach or enjoy the two resort pools (one is an infinity pool).

For the diver, we offer a selection of optional dive experiences including 1 tank, 2 tanks and night diving. Discover hundreds of varieties of fish, coral, and marine life in the warm Caribbean Sea.

There is also an optional cavern dive available. Cenotes provide access to extensive underground cave systems that have attracted many divers over the years. An expert guide will lead you through the stalactites, stalagmites and haloclines in crystal clear water of the Chacmool cave system. This is an amazing dive and an unusual experience.

Lodging: Cozumel Palace
Breakfast and Dinner included



Day 6 - Saturday, April 28: Cozumel

Today is at leisure to relax or explore on your own.

Optional activities include a visit to the hotel spa or take an island tour, visit the Playa Mia Beach Club, go deep sea fishing or enjoy a swim among the dolphins.

For the diver, enjoy your second day of diving among the beautiful reefs of Cozumel.

Lodging: Cozumel Palace
Breakfast and Dinner included

Day 7 - Sunday, April 29: Cozumel → Key West (430 NM)

Our flight today takes us along the coast of Cuba before landing at Key West to clear US customs.

Breakfast included

Landing Points, Identifiers and Runway Lengths

Key West	KEYW	4,800'
Belize City	MZBZ	7,100'
San Pedro		3,500'
Cozumel	MMCZ	8,858'

TERMS & CONDITIONS

Our land program includes:

- All accommodations in hotels listed or similar categories based on double occupancy
- All meals as specified in itinerary
- Welcome cocktail at Ramon's Village
- All sightseeing, hotel taxes, gratuities and guide services as in indicated in itinerary
- All entrance fees in museum and other activities listed in the itinerary
- Round trip transfers between airports and hotels
- A full time Air Journey escort

Our land program does not include:

- Travel Insurance. (available, call us for details)
- Airport departure taxes
- Beverages
- Cost of obtaining passport or visas and or inoculations
- Lunch boxes on flight day
- Personal expenses such as laundry, room service, communication charges and other incidentals

Please note that hotel accommodations and sightseeing are subject to change due to unforeseen circumstances. Air Journey reserves the right to amend the order of sightseeing as necessary. Every effort will be made to operate tours as planned, but alterations may occur after the final itinerary has been issued.

Passports are mandatory for the Journey.

Air Journey has quoted this itinerary with a minimum participation of 7 airplanes.

The Registration fee includes:

- Extensive Navigation log (airports, route, frequencies, information of airspace, nav-aids, reporting points, international flight plan) tailored for each aircraft;
- Flight plans and eAPIS manifest (departure and arrival) filed on your behalf;
- Pilot briefing prior to each day's flight;
- Weather website with constant updates showing TAF, METAR, Wind Aloft, prognostic forecast and review;
- Fuel availability confirmed along the route of flight;
- 2012 Bahamas and Caribbean Pilot Guide, VFR charts, IFR low or high en route (based on aircraft type and pilot's preferences);
- Flight bag and collared, cotton shirt for the pilot with his name and aircraft tail number embroidered on the upper front. Shirts are available for passengers and crew at an additional cost.

Survival equipment is available for rental on a daily basis and will be waiting for you at our departure point. Contact us for details. Life vests and survival raft are mandatory.

Diving and Flying

What is Decompression sickness? The simplest explanation remains the so-called SODA STREAM LAW. If we increase gas pressure on any liquid, gas will be dissolved into liquid, directly proportional to the pressure of the gas. Think water in a soda stream machine. If the pressure of the gas is released too fast some of the dissolved gas will come out of solution in the form of bubbles. Think gas bubbles when the pressure is released in the soda stream machine. Releasing the gas in a soda stream bottle is fine but it is not so great if you have nitrogen bubbles flowing around in you arteries and/or veins.

Decompression sickness (DCS) was first studied by scientists in order to establish why bridge and tunnel builders were getting sick and walking stoop (with a bend). They were building inside pressurized chambers called caissons (also called caissons disease). Most of the decompression theories began with the work of Hill and Bert in 1870 and later Haldane in 1908. He observed in his work that you can saturate animals to 2 atmospheres and bring them directly to the surface at 1 atmosphere without any significant bubble formation. This gave birth to the famous Haldane ratio of 2:1. This ratio was later revised to a ratio of 1,58:1.

Further study proved that the body consists of more than one type of tissue i.e. brain, heart, muscles, bones, blood, fatty tissue etc. Each tissue behaves differently under gas pressure, in-gassing and out-gassing at different rates. The rate at which one of these tissue compartments absorbs or eliminates gasses is defined as half-lives. Haldane further suggested stage decompression. The diver would be allowed to go to half the pressure of the previous level and do a decompression stop. This process could be repeated to 1 atmosphere (surface).

Reducing ambient pressure to below that of sea level by ascending in an aircraft after diving can produce DCS. The following rules apply.

- The altitude of an un-pressurized aircraft should not exceed 8000 ft. This is more or less the equivalent of the cabin pressure of a commercial airliner.
- For single dives a minimum preflight surface interval of 12 hours is suggested.
- Decompression, repetitive and/or multiple day dives require a minimum preflight surface interval of 18 to 24 hours.
- Shorter, deeper dives rather than long shallow dives are preferable.

Cancellation, refunds:

- a) **Cancellation by the client:** Is always required in writing and is subject to the following schedule of dates, whereby some or all moneys paid will be retained:
 - i) Given outside of 30 days of departure: AJ retains only the initial deposit of \$500 per person
 - ii) Between 30 and 15 days of departure: AJ retains 50% of tour cost and plane registration fee
 - iii) Between 14 and 5 days of departure: AJ retains 75% of tour cost and plane registration fee
 - iv) 4 days or less or no show of departure: AJ retains 100% of tour cost and plane registration fee

- b) **Cancellation by AJ:** Should AJ cancel the tour after deposits have been received due to fewer than the minimum participants required, the full deposit will be refunded. Should AJ cancel the tour at any time due to factors beyond their control (including war, flood, force of nature, riot, civil action), they will refund the client whatever portion of moneys are reimbursed by ground operators and accommodation suppliers.