



COMPETITOR BROCHURE · 2026

CMAS APOYO ABYSS OPEN

FRESHWATER · WR STATUS

CMAS OFFICIAL COMPETITION

OCTOBER 31 – NOVEMBER 8, 2026

Laguna de Apoyo · Nicaragua · 6 Diving Days

Unlimited Depth

No Waves · No Currents

28°C Freshwater

Volcanic Crater Lake



"DARE TO DESCEND. EMBRACE THE ABYSS. ENTER THE VOID."

LOCATION & TRANSPORT

LAGUNA DE APOYO, NICARAGUA

Laguna de Apoyo is a pristine volcanic crater lake nestled within a protected nature reserve between the cities of Masaya and Granada. The perfectly round lagoon sits at about 83m above sea level, filling a caldera approximately 170 metres deep. The water is exceptionally clear, warm, and free from waves or currents — an ideal environment for freediving at the highest level.

~170 M

LAKE DEPTH

28°C

WATER TEMPERATURE

6 KM

DIAMETER

~1 HR

FROM MANAGUA AIRPORT



MAP · Laguna de Apoyo — Nicaragua
Between Masaya & Granada · Masaya Department

GETTING THERE

INTERNATIONAL ARRIVAL

Fly into **Augusto César Sandino International Airport (MGA)**, Managua. The airport is approximately 47 km (about 1 hour) from Laguna de Apoyo.

RECOMMENDED: PRIVATE TAXI FROM MANAGUA AIRPORT

A private taxi from Managua Airport to Laguna de Apoyo costs approximately **\$30–35 USD**. The following reliable drivers are recommended by the organiser and can arrange pick-up directly from arrivals:

Lorenzo +505 8968 4543

Henry +505 8817 3183

DIVING CONDITIONS

THE VENUE

Laguna de Apoyo is one of the most exceptional freediving venues in the world. Formed by a volcanic eruption approximately 23,000 years ago, the crater filled with pristine freshwater that remains chemically stable, warm, and calm year-round. There are no tides, no wave, and no thermoclines to interrupt a dive — the water column is consistent from surface to the bottom.

↓
AERIAL / UNDERWATER PHOTO · Laguna de Apoyo
Volcanic crater lake · Competition dive site

NONE

WAVES

UNLIMITED

AVAILABLE DEPTH

NONE

CURRENT

FRESHWATER

WATER TYPE

VOLCANIC

LOCATION TYPE

WR STATUS

CMAS CLASSIFICATION

DISCIPLINES

All CMAS disciplines are permitted during competition diving days. The unlimited depth of the crater allows athletes to target personal bests and World Records across the full range of disciplines without depth restriction.

EQUIPMENT NOTES

Freshwater requires **less weight** than saltwater — athletes should plan accordingly. The organiser provides 0.5 kg and 1 kg belt weights on-site, so you only need to travel with your neckweight. A 3mm wetsuit or thinner is ideal for the 28°C water.

WORLD RECORD STATUS

The CMAS Apoyo Abyss Open holds full **CMAS Freshwater World Record Status**. Records set during competition diving days are eligible for official CMAS World Record ratification.

ACCOMMODATION

All accommodation options below are located directly on the shore of Laguna de Apoyo, within walking distance of the competition site.



PHOTO · Coco Bay Hostel

COCO BAY

DORM FROM ~\$15/NIGHT · PRIVATE FROM ~\$40/NIGHT

Cosy hostel right on the lakeshore. Fully-equipped guest kitchen, free kayaks, beach access and a lively bar & restaurant. Daily shuttles to Granada available.

cocobaynicaragua.com
+505 7759 2206



PHOTO · Paradiso Hostel

PARADISO

PRIVATE ROOMS ~\$60/NIGHT · BREAKFAST INCLUDED

Full-service hostel, bar & restaurant built into the crater wall. Sandy beach, free kayaks, spa, volleyball, ping-pong, and a social atmosphere.

paradisonicaragua.com
+505 8187 4542



PHOTO · Laguna Beach Club

LAGUNA BEACH CLUB

HOSTEL · CONTACT FOR RATES

Rustic, basic hostel with a private beach area, direct lagoon access and free kayaks. A simple, no-frills option right on the water.

Contact via [Booking.com](https://www.booking.com)



PHOTO · Finca Malinche

FINCA MALINCHE

\$600 / 2 WEEKS · \$1,000 / MONTH

Ideal for athletes wanting to arrive early and train before the competition. Private house with AC and a fully equipped kitchen — excellent value for extended stays.

Contact [organiser](#) for booking

Tip: Accommodation at Laguna de Apoyo fills quickly. Book as early as possible. Athletes planning to arrive before the competition for training and stay for an extended period should strongly consider Finca Malinche — it offers the best value and maximum flexibility.

COMPETITION SCHEDULE

31 OCT	HALLOWEEN COMPETITION BRIEFING Costume Optional · All athletes required to attend	BRIEFING
01 NOV	DIVING DAY 1 All disciplines allowed	DIVING
02 NOV	DIVING DAY 2 All disciplines allowed	DIVING
03 NOV	REST DAY Recovery · Explore the area	REST
04 NOV	DIVING DAY 3 All disciplines allowed	DIVING
05 NOV	DIVING DAY 4 All disciplines allowed	DIVING
06 NOV	REST DAY Recovery · Explore the area	REST
07 NOV	DIVING DAY 5 All disciplines allowed	DIVING
08 NOV	DIVING DAY 6 · AFTERPARTY Final diving day · Closing ceremony & celebration	PARTY

Note: Daily dive order and exact start times will be communicated at the Competition Briefing on October 31st. All athletes must attend the briefing to confirm their participation.

FEES & REGISTRATION

\$800 USD

REGISTRATION FEE · PER DIVER

WHAT'S INCLUDED

– 6 competition diving days

– CMAS official judging panel

– Safety & medical support

– Competition briefing (Oct 31)

– All disciplines – unlimited depth

– Closing afterparty (Nov 8)

World Record Doping Notice: The registration fee covers all standard competition costs. Should an athlete break a CMAS World Record during the competition, any doping control fees required under CMAS World Record ratification procedures will be the sole responsibility of that athlete, and are payable in addition to the registration fee.

PAYMENT & DEADLINES

Registration details, payment methods and deadlines will be communicated through official CMAS channels and the competition organiser. Spots are limited – early registration is strongly advised.

DATES

Oct 31 – Briefing

Nov 1–8 – Competition

Nov 8 – Afterparty

LOCATION

Laguna de Apoyo

Masaya, Nicaragua

~1 hr from MGA Airport

STATUS

CMAS Official

Freshwater WR Status

All disciplines