



2026 CMAS  
WORLD CHAMPIONSHIP  
FREEDIVING DEPTH  
MASTERS



AUGUST 14 - 27, 2026

Organized by



ROATAN FREEDIVING  
School & Training Center

Roatan Freediving School & Training Center would like to express our sincere and heartfelt gratitude to Confédération Mondiale des Activités Subaquatiques (CMAS), for entrusting us with the organization of the 2026 CMAS World Championship Freediving Depth.

We are thrilled to officially announce that the championship will take place on the breathtaking island of Roatan, Honduras, from August 14th to August 27th, 2026.

At Roatan Freediving School & Training Center, we pledge our utmost dedication to ensuring the complete success of this championship within a safe, professional, and world-class environment.

Thank you once again for this extraordinary opportunity. We look forward to welcoming the global freediving community to Roatan in 2026.



**ROATAN FREEDIVING**  
School & Training Center



**CMAS**  
CONFÉDÉRATION MONDIALE  
DES ACTIVITÉS SUBAQUATIQUES  
WORLD UNDERWATER FEDERATION

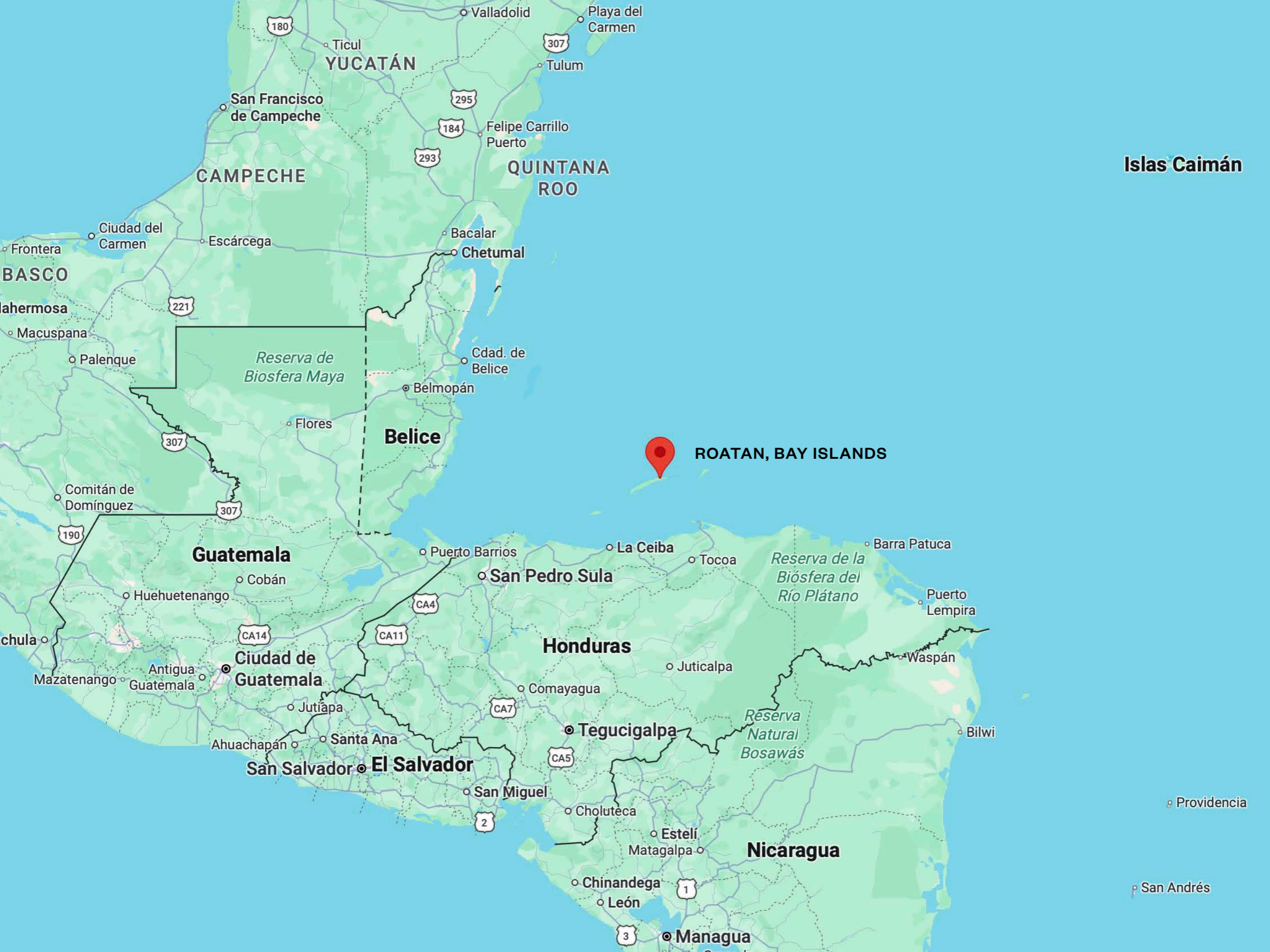
# ROATAN, BAY ISLANDS, HONDURAS

## OVERVIEW

Roatan is the largest of Honduras Bay Islands, located in the Caribbean Sea approximately 65 km (40 miles) off the northern coast of mainland Honduras. The island stretches about 59 km (37 miles) from east to west and reaches a maximum width of 8 km (5 miles), covering an area of approximately 83 km<sup>2</sup> (32 sq mi).

Roatan sits atop the Mesoamerican Barrier Reef - the second-largest coral reef system in the world. The island's population is approximately 110,000, with Coxen Hole serving as the capital and largest settlement. Key tourist areas include West End (known for its dive shops, restaurants, and nightlife) and West Bay (famous for its pristine white-sand beach and crystal-clear waters)





Islas Caimán



ROATAN, BAY ISLANDS


Providencia

San Andrés



# DISTANCES FROM RTB AIRPORT

Transportation from the airport is available via taxis, rental cars, and public shuttle services. The road runs the length of the island, making all areas accessible.



| DESTINATION    | DISTANCE          | DRIVING TIME  |
|----------------|-------------------|---------------|
| West End       | ~ 19 km (12 mi)   | 25-35 minutes |
| West Bay       | ~ 20 km (12 mi)   | 25-40 minutes |
| Sandy Bay      | ~ 15 km (9 mi)    | 20-25 minutes |
| French Harbour | ~ 25 km (15.5 mi) | 35-45 minutes |

# HOW TO GET TO ROATAN

## OPTION 1: BY AIR

### A) Direct International Flights to Roatan (RTB)

*The **Juan Manuel Gálvez International Airport (RTB)** in Coxen Hole receives direct flights from the following cities and airlines*

| AIRLINE           | CITIES                    | FREQUENCY   |
|-------------------|---------------------------|---|
| American Airlines | Miami (MIA)               | Daily, year-round                                     |
| American Airlines | Dallas / Fort Worth (DFW) | Wednesdays & Saturdays (seasonal)                     |
| United Airlines   | Houston (IAH)             | Daily (high season); Saturdays & Sundays (low season) |
| United Airlines   | Denver (DEN)              | Saturdays only (Nov–Mar)                              |
| Delta Air Lines   | Atlanta (ATL)             | Saturdays (year-round); Mon / Fri / Sat (peak season) |
| Sun Country       | Minneapolis (MSP)         | Fridays & Mondays (Dec–Apr)                           |
| WestJet           | Toronto (YYZ)             | Sundays & Mondays (Dec–Apr)                           |
| Sunwing           | Montreal (YUL)            | Mondays (Dec–Apr)                                     |
| Air Canada        | Toronto / Montreal        | Seasonal  |
| Tropic Air        | Belize City (BZE)         | Daily   |
| TAG Airlines      | Guatemala City (GUA)      | Sun / Tue / Thu                                       |

## B) International Flights to San Pedro Sula (SAP) - Domestic Connection

The **Ramón Villeda Morales International Airport (SAP)** is the main aviation hub in Honduras. International airlines serving SAP include

| REGION          | CITIES / AIRLINES  |
|-----------------|--|
| North America   | Miami (American), Atlanta (Delta), Houston (United), Newark (United), Fort Lauderdale (Spirit, JetBlue), Orlando (JetBlue, Spirit, Frontier), New York-JFK (JetBlue), New York-LGA (JetBlue), Dallas (American), Denver (United) |
| Central America | Guatemala City (Avianca, TAG, CM Airlines), San Salvador (Avianca, Volaris), Panama City (Copa), San José CR (Avianca seasonal)  |
| Mexico          | Mexico City (Aeroméxico Connect)   |
| Europe          | Madrid (Air Europa)  |

**Domestic flights from San Pedro Sula (SAP) to Roatan (RTB):**

Aerolíneas Sosa, CM Airlines, Avianca Honduras

## C) International Flights to Tegucigalpa (TGU) - Domestic Connection

The **Toncontín International Airport (TGU)** receives international flights from:

Houston (United), Miami (American), Guatemala City, San Salvador (Avianca), Panama City (Copa)

**Domestic flights from Tegucigalpa (TGU) to Roatan (RTB):**

Aerolíneas Sosa, CM Airlines, Avianca Honduras

**PRACTICAL NOTE:** DIRECT FLIGHTS FROM MIAMI, HOUSTON, OR DALLAS TO ROATAN ARE THE MOST EFFICIENT OPTION. FROM EUROPE, THE MOST COMMON ROUTE CONNECTS THROUGH MADRID (AIR EUROPA) TO SAN PEDRO SULA, FOLLOWED BY A SHORT DOMESTIC FLIGHT TO ROATAN

# OPTION 2: BY FERRY

The main sea connection operates from La Ceiba (Honduras mainland) to Roatan

| COMPANY           | LA CEIBA >> ROATAN | ROATAN >> LA CEIBA | DURATION |
|-------------------|--------------------|--------------------|----------|
| Galaxy Wave Ferry | 9:30 AM & 4:30 PM  | 7:00 AM & 2:00 PM  | 1h 30min |
| Dream Ferry       | 9:30 AM & 3:00PM   | 6:30 AM & 1:00PM   | 1h 30min |

**TIP: ARRIVE AT THE TERMINAL 1 HOUR BEFORE DEPARTURE. TICKETS CAN BE BOOKED ONLINE OR PURCHASED AT THE COUNTER. FARES RANGE FROM APPROXIMATELY \$30-\$35 ONE WAY**

# EVENT LOCATION

## WEST BAY BEACH

West Bay is the beach where the event will take place. The diving platform will be located 5 minutes by boat from our headquarters, the “**SAN SIMON BEACH CLUB**” at **MAYAN PRINCESS RESORT**.

This Beach Club has opened their doors to the freediving community and allowed us to use the club as the event headquarters. At this venue, we will host the following amenities:

- ✓ Opening Ceremony venue.
- ✓ Registration area and Office Space / Wi-Fi.
- ✓ Room for staff/helpers.
- ✓ Judges Room.
- ✓ Room for Event Committee.
- ✓ Safe storage/lockers.
- ✓ Showers and changing rooms.
- ✓ Full bar and restaurant.
- ✓ Lounge chairs and hammocks.





Kohki Uemura

# SCHEDULE

- AUGUST 14 - ARRIVAL DAY
  - **OFFICIAL REGISTRATION** (documents, lanyards) at SAN SIMON BEACH CLUB - 9:00 to 16:00h.
  - **OFFICIAL MEETING** at SAN SIMON BEACH CLUB - 17:00h
- AUGUST 15
  - Official Training Women.
  - **OPENING CEREMONY** at SAN SIMON BEACH CLUB - 17:00h.
- AUGUST 16
  - Official Training Men.
- AUGUST 17
  - Competition Day 1 (FIM Women).
- AUGUST 18
  - Competition Day 2 (FIM Men).
- AUGUST 19
  - Competition Day 3 (CWTB Women).
- AUGUST 20
  - Competition Day 4 (CWTB Men).

- AUGUST 21 - REST DAY
  - In case of cancellation of a previous day this can be reserved for a competition day program after decision of TD.
- AUGUST 22
  - Competition Day 5 (CNF Women).
- AUGUST 23
  - Competition Day 6 (CNF Men).
- AUGUST 24 - REST DAY
  - In case of cancellation of a previous day this can be reserved for a competition day program after decision of TD.
- AUGUST 25
  - Competition Day 7 (CWT Women).
- AUGUST 26
  - Competition Day 8 (CWT Men).
  - **AWARD CEREMONY AND CLOSING PARTY** - 18:00h.
- AUGUST 27
  - Departure Day.

## COMPETITION DAYS

The starts will take place daily after the competition program of the 2026 CMAS WORLD CHAMPIONSHIP FREEDIVING DEPTH SENIORS. The schedule and distribution of disciplines between competition days may be adjusted depending on the number of participants and weather conditions.

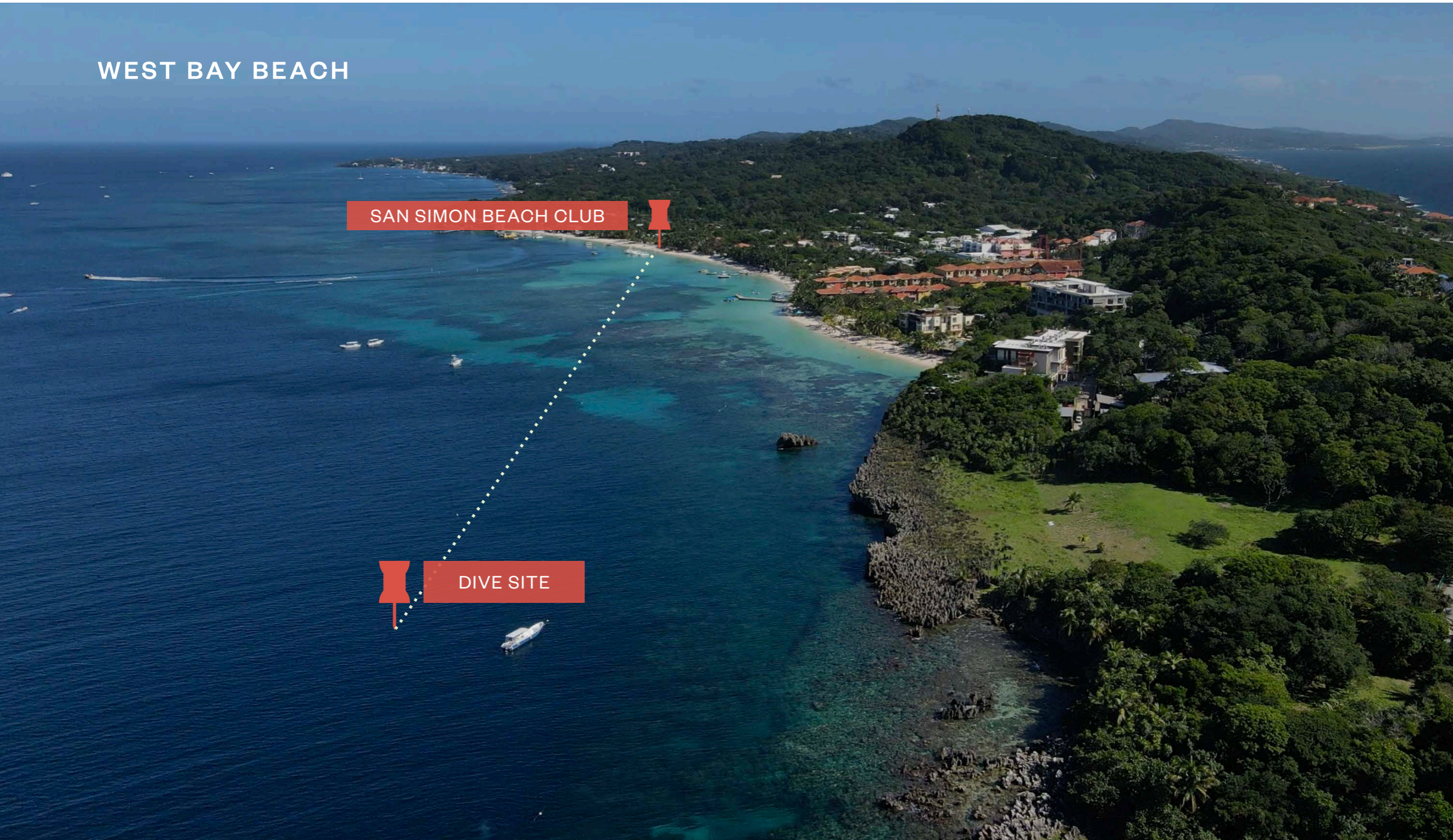
## OFFICIAL TRAINING DAYS

Ferry boat to training site from San Simon Beach Club, shifts from 8:00–9:30 / 9:40–11:10 / 11:20–12:50.

# DIVE SITE

The site proposed for the competition is **0.70 miles from shore** (N 16°16.577' - W 86°36.365'), located in front of **West Bay Beach** and within **5 minutes by boat** from our headquarters at **San Simon Beach Club**.

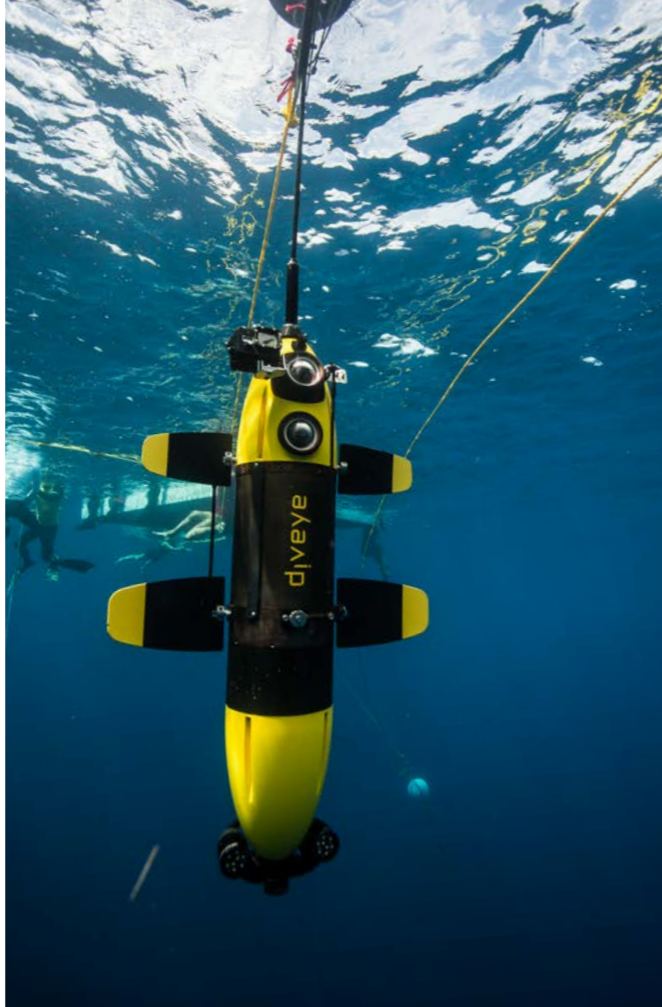
## WEST BAY BEACH



# MARINE INFRASTRUCTURE, PLATFORMS AND TRANSPORTATION

- Two or three competition lines as needed.
- Four or more warm up lines as needed.
- A boat will be anchored and offer dry space in the competition area (shade, freshwater showers, bathrooms) to athletes, staff, media and spectators.
- One additional boat will be permanently by the dive platform dedicated exclusively to emergency evacuation.





# SAFETY

*Daniel Arias Córdova has been appointed as the Event Head of Safety. Roberto Butera, Head of Safety for CMAS, will be responsible for ensuring full compliance with CMAS safety standards and protocols.*

- ✓ 5 safety freedivers per competition line.
- ✓ 1 UW scooter per competition line.
- ✓ 3 warm up lines at 40 m per competition line supervised by 2 safety freedivers.
- ✓ Athletes diving deeper than 80 m in CWT/FIM and 60 m CNF, are allowed to use Deco lines (1 per comp zone), to dive 5 m x 5 min for preventive recompression with 100% O2 surface tank with deep hose/regulator. Lines are supervised by one dedicated safety diver.
- ✓ Traditional counterbalance system capable of 2+m/s assisted ascent per competition line.
- ✓ High resolution sonar.
- ✓ One doctor/medic per competition line on the platform.
- ✓ 2 paramedics on the platform.
- ✓ Emergency evacuation boat.
- ✓ A fully equipped ambulance on standby at our headquarters San Simon Beach Club, provided by "Alert International Rescue".  
<https://alertinternationalrescue.com>
- ✓ Medical clinic 200 m from our headquarters San Simon Beach Club. <https://alertinternationalrescue.com/>
- ✓ Medical center and decompression chamber at 25-minute drive, available 24/7.  
<https://anthonyskey.com/hyperbaric-chamber-medical-clinic/>
- ✓ Advanced Medical center, 9 kilometers (6 miles) / 20 minute drive.  
<https://www.hcemesa.com/>

## Note:

- All athletes with DCI symptoms will be evacuated immediately to the hyperbaric chamber.
- For training days athletes will only be allowed perform one dive per day deeper than 60 m.

# EXPECTED WEATHER CONDITIONS AUGUST 2026

## Air Temperature

25 - 30°C (77 - 86 °F)

## Water Temperature

27 - 29°C (80 - 84 °F)

Water temperature decreases  
about 2 degrees at 100 m.

## Currents

Null to moderate

## Visibility

24 -40 m (80 - 120 feet)



# LODGING

Athletes are free to choose accommodation in accordance with their preferences and budget. Some Resorts, Hotels, Inns and Rental Houses in West Bay and West End will offer special prices.

## WEST BAY BEACH

### **Kimpton Grand Roatan Resort & Spa**

5 Stars, Spa, Beachfront

West Bay Beach

+504 9462-8223

<https://grandroatanresortandspa.com/>

### **Mayan Princess Resort**

West Bay Beach

<https://v2.mayanprincess.com>

### **Paradise Beach Hotel & Resort**

West Bay Beach

<https://www.paradisehotels.com>

### **Infinity Bay Spa & Beach Resort**

147 rooms, spa, casino, dive shop

West Bay Road

USA Toll-Free: +1-833-588-4229

Honduras: +504 2408-4800

WhatsApp: +504 9496-4308

<https://www.infinitybay.com>

### **Caribe Tesoro Resort**

West Bay Beach

1 Kai Linda Way

Available via web form

<https://www.caribetesoro.com>

#1 en TripAdvisor

Spanish Design, pool, bar

### **Arca Roatan**

Boutique Beachfront Hotel,

West Bay Beach

Available via web

<https://arcaroatan.com/>

### **Naboo Resort**

West Bay

Tel / WhatsApp: +504 9421-0578

+504 9844-5898

[nabooresort@gmail.com](mailto:nabooresort@gmail.com)

<https://nabooresort.com>

Beach club, Restaurante Azul

### **West Bay Colonial Hotel**

Main Road, West Bay

Available via web form

[west-bay-colonial.hotels-roatan.com](http://west-bay-colonial.hotels-roatan.com)

3 Stars

### **Blue Roatan Resort**

27th Tamarind Drive, West Bay

Tel: +504 9242-3596

[reservations@blueroatanresort.com](mailto:reservations@blueroatanresort.com)

<https://blueroatanresort.com/>

Beach club, Restaurante Azul

**BANANARAMA  
DIVE & BEACH RESORT**  
West Bay Beach  
Tel: +504 2445-5072  
<https://bananarama.com>

**VILLAS DE CISNES**  
West Bay  
Consult for discount for WC Athletes  
<https://villasdecisnes.com>

**BUENA VISTA**  
Roatan Vacation Condos  
West Bay  
10% Discount WC Athletes  
<https://buenavistaroatan.com>

**WEST BAY VILLAGE**  
Villas and Condos  
Main Road, West Bay  
Tel: +504 2445-5072  
<https://westbayvillage.com>

**OASIS ROATAN**  
West Bay  
[roatanmunicipality@gmail.com](mailto:roatanmunicipality@gmail.com)  
<https://oasisroatancondohotels.com>

**WEST BAY LODGE & SPA**  
Tropical Bungalows, Spa  
Main Road, West Bay  
Tel: +504 3355-6717 / +504 3289-5715  
<https://wblodgeroatan.com>

## WEST END TOWN

**LUNA BEACH RESORT**  
30% discount for 7 or more nights  
(Discount Code: FreeDiveMax).  
20% discount for less than 7 nights  
(Discount Code: FreeDiveMin).  
<https://lunabeach.net/>

**SPLASH INN RESORT**  
10% discount when  
contacting them by email  
and mentioning  
participation in the CMAS WC  
<https://roatansplashinn.com/>

**MAITRI ROATAN**  
10% discount for 7 or more nights  
when mentioning  
participation in the CMAS WC  
<https://maitriroatan.com/>

**WEST END DIVERS RESORT**  
Sunset Villas, West End  
WhatsApp: +504 9626-7919  
[info@roatansplashinn.com](mailto:info@roatansplashinn.com)  
<https://roatanwestenddiveresort.com>

**HALF MOON BAY CABINS**  
Half Moon Bay, West End  
[coconuttreecabinsroatan@gmail.com](mailto:coconuttreecabinsroatan@gmail.com)  
<https://coconuttreecabinsroatan.com>

**POSADA ARCO IRIS**  
Half Moon Bay, West End  
<https://hotelarcoirisroatan.com/>

**LANDS END RESORT**  
<https://landsendroatan.com/>

**MARIPOSA LODGE**  
West End  
<https://www.mariposa-lodge.com/>

**COCONUT TREE CABINS**  
West End  
<https://www.coconuttreecabinsroatan.com/>

**HOTEL LAS ORQUIDEAS**  
West End  
<https://hotelorquideasroatan.com>

## ACCOMMODATION PROPERTY MANAGERS

**ISLAND HOUSE ROATAN**  
RUTH HEALEY / BRAD VOLK  
[reservations@islandhouserootan.com](mailto:reservations@islandhouserootan.com)  
WhatsApp +504 9648 5738

**ILARIA PICELLI**  
Property Manager  
Houses for rent Wes End / West Bay  
[roatandestination@gmail.com](mailto:roatandestination@gmail.com)  
WhatsApp +504 9600-5167  
<https://casamantraroatan.com>

**CARIBBEAN COLORS RENTALS**  
CAROLINE POWERS  
[info@caribbeancolorsroatan.com](mailto:info@caribbeancolorsroatan.com)  
WhatsApp +504 3200-1630

**RENTALS by GLADYS CHRISTINA**  
GLADYS CHRISTINA OLSEN  
[gladyschristina@gmail.com](mailto:gladyschristina@gmail.com)  
WhatsApp: US +1239.961.0401  
HN +504.8937.4696

# REGISTRATION

## INFORMATION ABOUT PARTICIPATION

- All participants should respect the Competition rules, the safety conditions set by the Organizers and CMAS rules and regulations.
- The event is open to the athletes aged 18 and over fully complying with the provisions of CMAS Regulations.
- CMAS, the Competition Director, International Technical Officials and the Technical Delegate are not responsible for accidents or damage caused to people and personal effects before, during or after the competition. The Local Organizing Committee ensures the presence of medical assistance.
- This event open for Individual registration.

## REGISTRATION PROCESS

**Registration for the competition must be done via CMAS Portal <https://portal.cmas.org/>**

*Each athlete must have personal profile in CMAS Portal (self-registration). Portrait photo must be uploaded. The profile photo must show a close-up of the face and be recognizable (similar to the photo on documents).*

## HOW TO REGISTER COMPETITORS (information for the athletes)

- Log into CMAS portal <https://portal.cmas.org/cmas/dashboard>
- Go to the event section <https://portal.cmas.org/cmas/evt-events/events>
- Use the filter options to find the event you want to register.
- Enter the event page. Scroll down. Start registration procedure.
- Assign disciplines you plan to compete.
- Add official Personal Best result in each discipline (PB must not be older than 1 year before competition start). If there is no existing an official PB unofficial PB must be provided for safety reasons.
- Pay CMAS competition fee (invoice will be created automatically).
- Once registration has closed, no changes to the disciplines assigned to athletes will be accepted. This includes switching, adding, or removing events.
- Athlete will only be allowed to compete in disciplines assigned at CMAS portal during registration. No additional disciplines will be accepted at a later stage.

- Reminder – Penalty for DNS (Did Not Start): According to CMAS Depth Freediving Rules, article 1.3.1.3, In case of no show during the World Championships, the athletes will be declared DNS and a penalty of 300 euros will be applied to the team. The penalty is not applicable if athlete DNS is due to medical reasons (medical statement signed by doctor must be sent to CMAS Technical Delegate)

## Important notice

- All registrations must be completed and paid until the final dead-line.
- No late registrations allowed.

## ATHLETES DOCUMENTS

The following documents must be uploaded into personal profile of the athlete at CMAS Portal:

- ADEL certificate
- Insurance\* (see below)
- Medical certificate not older than 12 months
- ID document- passport
- Medical Conditions statement

Athletes that fail to provide the above documents will not be allowed to take part in the competition, and their participation fee will not be refunded. Also, athletes have to fulfill all the liability release documents concerning the competition.

## INSURANCE

All teams must ensure that all their participants have adequate private health and repatriation insurance during the World Championship.

The participants should purchase adequate medical insurance and repatriation insurance at their place of departure. The medical insurance shall cover accidental medical treatment, sudden illness and hospitalization allowance, including hyperbaric chamber treatment.

Medical insurance must be valid in the territory of Honduras.

The repatriation insurance shall cover the costs in case of an emergency where you need to return to your place of departure. CMAS, LOC will not be liable for any risks arising therefrom.

**Responsibility for Off-Venue Incidents:**

Any health issues or injuries occurring outside the designated competition area are the responsibility of the individual athletes or their teams, including transportation and medical care arrangements.

**Medical Expenses:**

Athletes or their federations are responsible for medical expenses including hospital, transportation, and hyperbaric chamber expenses.

**Diving-Related Accidents:**

In the event of any accident occurring during a dive, the athlete must undergo a medical evaluation at the local hospital. Further participation or travel will only be permitted upon clearance by the attending medical professionals in accordance with the established medical protocol.

# CHAMPIONSHIP RULES

## CMAS FREEDIVING INTERNATIONAL RULES DEPTH COMPETITIONS (Version 2025/01)

### DISCIPLINES (Men & Women)

**FIM**

Free Immersion

**CWT-BF**

Constant weight with Bi-fins

**CNF**

Constant weight with no fins

**CWT**

Constant weight with fins

### AGE CATEGORIES (Men & Women)

**MASTERS M1****MASTERS M2****MASTERS M3**

### INTERNATIONAL JURY

- CMAS Technical Delegate according to the CMAS rules.
- International Board of Judges, according to the CMAS Procedures & Obligations

## PROTEST

According to the CMAS Procedures and obligations CAT A – B

## DOPING CONTROL

The Organizing Committee guarantees to provide doping control according to the CMAS and WADA rules during the championship and regarding the number of tests planned by ITA.

## SECURITY RULES

Mandatory testing for BZD and PDE 5 will also be carried out.

## CLASSIFICATION AND AWARDS

According to the CMAS rules.

## FLAGS

National teams should bring **two (2) national flags** (2,00 m x 1,00 m) and a USB with the **national anthem** (short version - instrumental).

## VISA

### Visa requirements & passports:

All foreign visitors must bring a valid passport upon their arrival to enter Honduras.

Visitors are issued a Honduran visa stamped in the passport at the moment of their arrival, and it is expected for visitors to have at least three months left on their passport before expiration, to be able to enter Honduras.

For athletes from countries who need to apply for a visa in advance and require a letter from the organization, please request it by sending **Annex 5** to the Local Organizing Committee [info@roatanfreediving.com](mailto:info@roatanfreediving.com)

# DEADLINES - CONDITIONS FOR PARTICIPATION

REGISTRATION AND PAYMENT OF CMAS FEES ON THE CMAS PORTAL <https://portal.cmas.org/login>

**ANNEX 1:** The preliminary declaration of participation and registration form should be sent to the CMAS Freediving Commission Secretary [olga.sidorova@sport.cmas.org](mailto:olga.sidorova@sport.cmas.org) and the Local Organizing Committee [info@roatanfreediving.com](mailto:info@roatanfreediving.com)

**CMAS FEE**  
**€ 52**  
PER ATHLETE  
TO BE PAID VIA CMAS PORTAL NO LATER THAN 15/07/2026

## REGISTRATION FEES AND PAYMENT OPTIONS

### REGISTRATION FEES

**USD 1000**  
4 DISCIPLINES

**USD 40**  
PREVIOUS TRAINING FEE PER SESSION

**USD 300**  
COACHES OFFICIALS

### METHOD OF PAYMENT OPTION



**BANK TRANSFER**

*(The total cost of the transfer will be covered by the athlete/federation)*



**CREDIT CARD**

*(No extra charge)*

**PayPal**

*(The total cost of PayPal commission will be covered by the athlete/federation)*

Please [click here](#) to proceed with the LOC Participation fee and/or pre-training sessions payment.

Closing date of registration and fee payment deadline - 17/07/2026

#### **PENALTIES FOR LATE REGISTRATION:**

**CMAS penalties** (to be paid via [CMAS portal](#)):

- Registration 18/07/2026-24/07/2026 - 40 EUR per athlete.
- Registration 25/07/2026-31/07/2026 - 80 EUR per athlete.
- Registration 01/08/2026-07/08/2026 - 130 EUR per athlete.

#### **AFTER 07/08/2026 REGISTRATION IS NOT POSSIBLE.**

Athlete registration is considered complete once all disciplines have been entered and the fee has been paid.

### **REFUND CONDITIONS**

No refunds will be made due to suspension (partial or total) of the competition due to bad weather, or causes of force majeure that may harm the safety of athletes and / or staff.

If an athlete withdraws from the competition, any refund - full, partial, or none, will be at the organizer's discretion.

### **IMPORTANT NOTES**

- Before starting to train, athletes must register personally at **ROATAN FREEDIVING SCHOOL & TRAINING CENTER**.
- Present a medical certificate in English not older than 6 months.
- Sign Liability release (will be provided by Roatan Freediving at the time of personal registration).
- Present valid passport.
- Present proof of current medical insurance.
- Passport must be valid for entry into Honduras.

# OTHER INFORMATION

- **Electrical Plugs and Sockets Used in Honduras:** Honduras uses Type A and Type B plugs. Type A has two flat, parallel prongs, and Type B has three prongs: two flat, parallel prongs and one round prong. The standard voltage in Honduras is 110V and the frequency is 60Hz. For devices that do not meet these standards, it is recommended to purchase a suitable travel adapter in advance to ensure normal use.



- Inform your arrival details and location of your lodging in Roatan to the Organizing Committee at least one week in advance of if you require airport transfer.
- **Spoken languages:** English is the main spoken language, as well as Spanish and Garífuna.
- **Currency:** \$1.00 (One US dollar) = L. 26.52 (twenty six Lempiras with fifty two cents) US dollar are accepted in most of the local businesses and is the easiest currency to change to lempiras. There are ATMs in West End, West Bay and Coxen Hole.
- **Vaccines:** for some countries yellow fever vaccine is required.
- There are **pharmacies** in **West End** and **Coxen Hole**.
- There are small **supermarkets** in **West End** and other larger ones in **Coxen Hole**.
- There are **gyms** in **West Bay** and **West End**.
- **Spearfishing is not allowed** in the **Roatan Marine Park**; with the exception of the Lion fish, for which it is necessary to obtain a permit/license from the Roatan Marine Park office.
- **Taxi Airport:** West End US \$ 20
- **Taxi Airport:** West Bay US \$ 30
- **Shared Taxi:** West End - Coxen Hole US \$ 2
- **Taxi Boat:** West End - West Bay US \$ 3 (running until dark)



# CONTACT



**ROATAN FREEDIVING**  
School & Training Center

## Esteban Darhanpe

Founder of Roatan Freediving School & Training Center

<https://www.roatanfreediving.com>

### Event Organizer

Email: [info@roatanfreediving.com](mailto:info@roatanfreediving.com)

WhatsApp: [+504 8854.1171](https://www.whatsapp.com/business/profile/50488541171)

<https://www.roatanfreediving.com>



Director of CMAS Freediving Commission

Ekaterina Senichkina

[ekaterina.senichkina@sport.cmas.org](mailto:ekaterina.senichkina@sport.cmas.org)

Secretary of CMAS Freediving Commission

Olga Sidorova

[olga.sidorova@sport.cmas.org](mailto:olga.sidorova@sport.cmas.org)